

Our Favorite Recipes



ECONOMY EXTENSION HOMEMAKERS
TERLTON, OKLAHOMA

my Cook Book was made TL 450
for the ingredients in
most kitchens. So hope
you enjoy it.
Thanks
Mrs Helen C Ventress

NATIONAL EXTENSION HOMEMAKERS EMBLEM

The design of the emblem is made of three concentric circles. In the outside circle, designating the cooperation of county, state and national in the Extension program are the words, "Cooperative Extension Service." At the bottom of the emblem are the initials, "E.H.," standing for Extension Homemakers, the official term for the homemaking phase of the Extension program. In the second circle, set in a background of blue, are the words, "Home, Family, Community." Between these words are the symbols of the oak, the Roman lamp and the wheat, symbolizing the strength, enlightenment and productivity of the home. The hearthfire is the central theme and symbolizes the finest attributes of the home, such as hospitality, fellowship, friendliness, comfort, peace and security.

My dear Mr. [illegible]
I have just received your letter of the 10th inst.
and am glad to hear that you are well.
I am also well and hope this finds you the same.
I have not much news to write at present.
I am, Sir, very respectfully,
Your obedient servant,
[illegible]



NATIONAL EXTENSION HOMEMAKERS EMBLEM

The design of the emblem is made of three concentric circles. In the outside circle, designating the cooperation of county, state and national in the Extension program are the words, "Cooperative Extension Service." At the bottom of the emblem are the initials, "E.H.," standing for Extension Homemakers, the official term for the homemaking phase of the Extension program. In the second circle, set in a background of blue, are the words, "Home, Family, Community." Between these words are the symbols of the oak, the Roman lamp and the wheat, symbolizing the strength, enlightenment and productivity of the home. The Heartfire is the central theme and symbolizes the finest attributes of the home, such as hospitality, fellowship, friendliness, comfort, peace and security.

HOMEMAKERS CREED

We believe in the primacy of the home in the life of the individual, the community, and the nation.

We shall build our homes on love and sound economic principals.

We shall endeavor to discover talents in our children and in our neighbor's children and to help them develop their personalities in such a manner that they may make a worthwhile contribution to life.

We shall maintain high health standards in our homes that we may have a happy and efficient citizenry.

We shall instill in those about us the love of the land and wise use of it as a trust.

We shall strive to promote neighborliness in our community and in our nation and to work for good will and world brotherhood. We resolve to understand the background, character, and problems of other peoples that the ways to peace may prevail upon the earth.

We shall encourage a faith in the God of love who is forever revealing Himself through natural laws and human personalities.

We shall encourage the appreciation of the inherent values of country living, satisfying toil, balanced by creative leisure.

We shall have faith that nurtured leaders of men shall go forth from our homes, carrying with them into high places ideas for which we have lived.

SUBSTITUTIONS

<u>For These</u>	<u>You May Use These</u>
1 whole egg	2 egg yolks
1 c. butter	7/8 c. lard <u>with</u> 1/2 tsp. salt
1 square (oz.) chocolate	3 to 4 T. cocoa plus 1/2 tsp fat
1 c. sour milk (for baking)	1 c. sweet milk mixed with <u>one</u> of the following: 1 T. vinegar, 1 T. lemon juice <u>or</u> 1 3/4 tsp. cream of tartar
1 c. whole milk	1/2 c. evaporated milk <u>plus</u> 1/2 c. water
1 c. skim milk	4 T. nonfat dry milk <u>plus</u> 1 c. water
1 T. flour (for thickening)	1/2 T. cornstarch <u>or</u> 1 T. granulated tapioca
1 c. cake flour (for baking)	7/8 c. all-purpose flour
To make cake flour: remove 2 T. flour from 1 c. of flour and add 2 T. cornstarch	

HANDY TABLE OF USEFUL MEASUREMENTS

CONTENTS OF CANS

<u>Size</u>	<u>Average Contents</u>
No. 1 1/2 flat	1 cup
Picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3 cylinder	5 3/4 cups
No. 10	12 cups

EQUIVALENTS

Dash or speck	Less than 1/8 teaspoon
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
5 1/3 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 2/3 tablespoons	2/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
16 oz. (dry measure)	1 pound

Printed and bound by ---

GENERAL PUBLISHING AND BINDING

Telephone --1-515-648-3144

IOWA FALLS, IOWA

1979JCL

TABLE OF CONTENTS

APPETIZERS, CANDY, BEVERAGES, AND PICKLES - - - - -	5 -	14
CAKES AND DESSERTS - - - - -	15 -	36
COOKIES AND PIES - - - - -	37 -	54
BREADS - - - - -	55 -	68
SALADS - - - - -	69 -	84
VEGETABLES - - - - -	85 -	100
MEATS - - - - -	101 -	142

T. — tablespoon

B. P. — baking powder

1/2 — low grains

lb. — pound

qt. — quart

bu. — bushel

1 teaspoon = 60 drops

1 pound = 16 ounces

2 tablespoons = 1 fluid ounce

2 cups = 1 pint

4 tablespoons = 1/2 cup

4 cups = 1 quart

8 tablespoons = 1/2 cup

4 quarts = 1 gallon

16 tablespoons = 1 cup

8 quarts = 1 peck

4 pecks = 1 bushel

Substitutions and Equivalents

2 tablespoons of fat = 1 ounce

1 cup of fat = 1/2 pound

1 pound of butter = 2 cups

1 cup of hydrogenated fat plus 1/4 t. salt = 1 cup butter

2 cups sugar = 1 pound

2 1/2 cups packed brown sugar = 1 pound

1 1/2 cups packed brown sugar = 1 cup of granulated sugar

3 1/2 cups of powdered sugar = 1 pound

4 cups sifted all purpose flour = 1 pound

4 1/2 cups sifted cake flour = 1 pound

1 ounce butter chocolate = 1 square

4 tablespoons cocoa plus 2 tablespoons butter = 1 ounce of butter chocolate

1 cup egg whites = 8 to 10 whites

1 cup egg yolk = 12 to 14 yolks

1 tablespoon cornstarch = 2 tablespoons flour for thickening

2 tablespoons vinegar or lemon juice + 1 cup milk = 1 cup sour milk

1 cup whipping cream = 2 cups whipped

1 cup evaporated milk = 3 cups whipped

1 lemon = 3 to 4 tablespoons juice

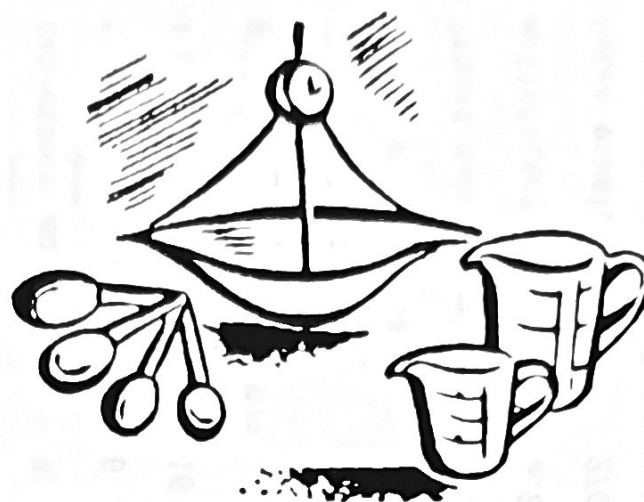
1 orange = 6 to 8 tablespoons juice

1 cup uncooked rice = 3 to 4 cups cooked rice

TABLE OF CONTENTS

APPETIZERS, CANDY, BEVERAGES, AND PICKLES	14 - 5
CAKES AND DESSERTS	36 - 12
COOKIES AND PIES	54 - 37
BREADS	68 - 23
SALADS	84 - 69
VEGETABLES	100 - 69
MEATS	142 - 107

Weights and Measures



Standard Abbreviations

t. — teaspoon
T. — tablespoon
c. — cup
f.g. — few grains
pt. — pint
qt. — quart

d.b. — double boiler
B.P. — baking powder
oz. — ounce
lb. — pound
pk. — peck
bu. — bushel

Guide to Weights and Measures

1 teaspoon = 60 drops
3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = $\frac{1}{4}$ cup
 $5\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup
8 tablespoons = $\frac{1}{2}$ cup
16 tablespoons = 1 cup

1 pound = 16 ounces
1 cup = $\frac{1}{2}$ pint
2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon
8 quarts = 1 peck
4 pecks = 1 bushel

Substitutions and Equivalents

2 tablespoons of fat = 1 ounce
1 cup of fat = $\frac{1}{2}$ pound
1 pound of butter = 2 cups
1 cup of hydrogenated fat plus $\frac{1}{2}$ t. salt = 1 cup butter
2 cups sugar = 1 pound
 $2\frac{1}{2}$ cups packed brown sugar = 1 pound
 $1\frac{1}{3}$ cups packed brown sugar = 1 cup of granulated sugar
 $3\frac{1}{2}$ cups of powdered sugar = 1 pound
4 cups sifted all purpose flour = 1 pound
 $4\frac{1}{2}$ cups sifted cake flour = 1 pound
1 ounce bitter chocolate = 1 square
4 tablespoons cocoa plus 2 teaspoons butter = 1 ounce of bitter chocolate
1 cup egg whites = 8 to 10 whites
1 cup egg yolks = 12 to 14 yolks

1 tablespoon cornstarch = 2 tablespoons flour for thickening
1 tablespoon vinegar or lemon juice + 1 cup milk = 1 cup sour milk

1 cup whipping cream = 2 cups whipped
1 cup evaporated milk = 3 cups whipped
1 lemon = 3 to 4 tablespoons juice
1 orange = 6 to 8 tablespoons juice
1 cup uncooked rice = 3 to 4 cups cooked rice

LENGTH

1 millimeter = 0.04 inch
 1 centimeter = 0.39 inch
 1 meter = 39.37 inches
 = 1.09 yards
 1 kilometer = 0.62 statute mile

METRIC - U.S. EQUIVALENTS
 (To second decimal place)

CAPACITY

1 cubic centimeter = 0.27 fluid dram
 1 liter = 1.06 liquid quarts

WEIGHT

1 gram = 0.04 ounce avoirdupois
 1 kilogram = 2.20 pounds avoirdupois
 = 1000 kilograms
 1 metric ton = 2204.62 pounds avoirdupois
 = 1.10 tons

EQUIVALENTS OF THE COMMON CAPACITY UNITS USED IN THE KITCHEN

Units	Fluid drams	Teaspoonsful	Tablespoonsful	Fluid ounces	1/4 cupful	Gills (1/2 cupful)	Cupsful	Liquid pints	Liquid quarts	Milliliters*	Liters	Units
1 fluid dram equals	1	3/4	1/4	1/8	1/16	1/32	1/64	1/128	1/256	3.7	0.004	Equals 1 fluid dram
1 teaspoon equals	1-1/3	1	1/3	1/6	1/12	1/24	1/48	1/96	1/192	4.9	0.005	Equals 1 teaspoonful
1 tablespoon equals	4	3	1	1/2	1/4	1/8	1/16	1/32	1/64	15	0.015	Equals 1 tablespoonful
1 fluid ounce equals	8	6	2	1	1/2	1/4	1/8	1/16	1/32	30	0.030	Equals 1 fluid ounce
1/4 cupful equals	16	12	4	2	1	1/2	1/4	1/8	1/16	59	0.059	Equals 1/4 cupful
1 gill (1/2 cupful) equals	32	24	8	4	2	1	1/2	1/4	1/8	118	0.118	Equals 1 gill (1/2 cupful)
1 cupful equals	64	48	16	8	4	2	1	1/2	1/4	237	0.237	Equals 1 cupful
1 liquid pint equals	128	96	32	16	8	4	2	1	1/2	473	0.473	Equals 1 liquid pint
1 liquid quart equals	256	192	64	32	16	8	4	2	1	946	0.946	Equals 1 liquid quart
1 milliliter* equals	0.27	0.20	0.068	0.034	0.017	0.0084	0.0042	0.0021	0.0011	1	1/1000	Equals 1 milliliter*
1 liter equals	270	203	67.6	33.8	16.9	8.45	4.23	2.11	1.06	1000	1	Equals 1 liter

*For all household purposes 1 milliliter may be considered as equal to 1 cubic centimeter.

APPETIZERS

BEVERAGES - PICKLES - CANDY



APPETIZERS
BEVERAGES - PICKLES - CANDY



APPETIZERS

CANDY - BEVERAGES - PICKLES

HOLIDAY DIP

- | | |
|-----------------------------|---------------------------------|
| 1 pkg. (8 oz.) cream cheese | 1 small onion (minced) |
| 1 T. mayonnaise | 1/2 tsp. celery salt |
| 2 T. canned milk | 5 slices crisp bacon (crumbled) |
| 1/2 tsp. salt | 1/4 c. olives (finely chopped) |

Cream cheese, mayonnaise and milk until smooth. Add remaining ingredients and mix well. Add more canned milk until dip acquires desired consistency. Chill 1 hour before serving. This may also be used as a sandwich spread. Yield: 10 servings.

AVOCADO DIP

Virginia Favaro
Terlton, OK

- | | |
|---|-----------------------------------|
| 1 large very ripe avocado | 1 tomato (finely chopped) |
| 2 <u>or</u> 3 green onions (finely
minced, including tops) | 1/2 pt. dairy sour cream |
| | Salt <u>and</u> pepper (to taste) |

Mash avocado with fork until soft. Add other ingredients and mix well. Serve immediately with chips or crackers. Dip will darken if kept too long before serving.

BARBECUED WALNUTS

Virginia Favaro

- | | |
|---|-------------------------------|
| 2 T. butter | 2 dashes hot pepper sauce |
| 1/4 c. original Worcestershire
sauce | 4 c. California walnut halves |
| 1 T. catsup | Salt |

Melt butter in large saucepan. Mix in Worcestershire sauce, catsup and pepper sauce. Stir in walnuts. Spread in a large baking dish. Toast in 400° oven for about 20 minutes, stirring frequently. Turn out on paper towels and sprinkle with salt. Serve hot or cold.

MOCK LIVER PATE'

- | | |
|------------------------------|--------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 tsp. lemon juice |
| 1 (8 oz.) pkg. liver sausage | 1 tsp. Worcestershire sauce |
| 1 T. chopped onion | Dash of salt <u>and</u> pepper |

Combine softened cream cheese and liver sausage, mixing until well blended. Add remaining ingredients; mix well. Serve with favorite crackers. Makes 2 cups.

CHEESE POPCORN

Pawnee County Extension Office

3 c. popped popcorn
1/4 tsp. onion salt

1/4 c. grated Parmesan or Cheddar
cheese
1/4 c. butter or margarine (melted)

Toss all ingredients together and serve.

PARTY MIX

Virginia Favaro

6 T. butter
4 tsp. Worcestershire sauce
1 tsp. seasoned or savor salt
1 c. stick pretzels

6 c. Chex cereals, Wheat, Corn,
and Rice (in whatever combination
you like)
3/4 c. salted nuts

Heat oven to 250°. Melt butter in a shallow pan over low heat. Stir in Worcestershire sauce and seasoned salt. Add Chex cereals, nuts, and pretzels. Mix over low heat until all the pieces are coated. Heat for 45 minutes in oven at 250°, stirring every 15 minutes. Spread on absorbent paper to cool. Yield: 7 to 8 cups.

PARTY CHEESE BALL

Virginia Favaro

2 (8 oz.) pkgs. cream cheese
2 c. finely shredded sharp
Cheddar cheese
1 T. chopped pimiento
1 T. chopped green pepper
1 T. finely chopped onion

2 tsp. Worcestershire sauce
1 tsp. lemon juice
Dash of salt
Dash of cayenne pepper
Finely chopped pecans

Combine softened cream cheese and Cheddar cheese, mixing until well blended. Add remaining ingredients except nuts; mix well. Chill. Shape into a ball; roll in chopped nuts. Serve with favorite crackers.

CHEESE ROLL

2 oz. bleu cheese
10 oz. sharp Cheddar cheese
8 oz. cream cheese
1 tsp. mild onion (finely minced)

1 T. Worcestershire sauce
Dash of cayenne pepper
3/4 c. parsley
3/4 c. pecans (chopped)

Combine cheeses and blend thoroughly. Add onion, Worcestershire sauce, cayenne pepper and most of the parsley and pecans. Place in ring mold until mixture is firm. Unmold on greens and garnish with remaining parsley and pecans. Serve with party crackers.

CHEESE NUT BALLS

1/2 c. walnuts (chopped)	1/4 tsp. garlic salt
3 (5 oz.) pkgs. bleu <u>or</u> Roquefort cheese	1 T. green pepper (chopped)
1 (8 oz.) pkg. cream cheese	1 T. pimiento (chopped)

Spread walnuts in shallow pan and toast at 350°, stirring occasionally, for 8 to 19 minutes or until walnuts are brown. Blend cheeses; stir in remaining ingredients. Chill until firm. Shape into large balls. Roll in toasted walnuts. Chill until serving time. Serve with crackers.

SAUSAGE BALLS

Beverly Buttram
Terlton, OK

1 lb. pork sausage (uncooked)	3 c. Bisquick
8 oz. sharp Cheddar cheese (grated)	

Mix by hand, roll in marble size balls. Place on cookie sheet and put into freezer. When ready to bake, place frozen balls in 325° oven for 35 minutes, until browned. Insert toothpicks into sausage balls and serve. Makes 85 balls.

BEEF SALAMI

Delores Adams

This is good for parties and freezes well.

5 lbs. lean ground beef	2 1/2 tsp. garlic salt
5 T. Morton's Tender-Quick salt	1 tsp. liquid smoke
2 1/2 tsp. mustard seed	1 1/2 c. water
2 1/2 tsp. whole black peppers	Tabasco (optional)

Mix well and shape into logs (5). Wrap in foil and refrigerate at least 24 hours. Bake in foil, on rack, over water in 300° oven for about 3 hours. Unwrap and cook on rack until done, about 2 more hours. Turn several times while baking. It forms its own casing and will not fall apart.

The mind ought sometimes to be amused, that it may the better return to thought, and to itself.

PEANUT BRITTLEKent Walker
Cleveland, OK

2 c. sugar	1 tsp. butter
1 c. white syrup	1/2 tsp. soda
1 c. water	1/2 tsp. salt
2 c. shelled peanuts	

Cook sugar, syrup and water to 238° on candy thermometer. Add salt and peanuts and cook to 290°. Stir as needed. Take pan off hot burner and add 1 tsp. of butter and 1/2 tsp. of soda. Stir briskly and then pour onto buttered tins. After about 5 minutes, run table knife under outer edges of brittle until it all releases from tin, then flip it over. Take your hand and knife and pull or stretch the brittle over larger area of buttered tin. This operation makes it very thin. Let the brittle dry or harden for 20 to 30 minutes and break into small pieces.

MARTHA WASHINGTON CHOCOLATESVirginia Favaro
Terlton, OK

2 boxes powdered sugar (sifted)	1 tsp. vanilla
3 sticks soft margarine	1 (12 oz.) pkg. chocolate chips
3 c. nuts	1 stick paraffin
1 can Eagle Brand milk	

Mix together powdered sugar, margarine, nuts, Eagle Brand milk, and vanilla and place in refrigerator overnight. Remove. Roll mixture into 1 inch balls. Place back into refrigerator and let chill for 1 hour. Melt together until smooth in a double boiler the chocolate chips and paraffin. Stick toothpicks into chilled balls and dip into chocolate mixture. Place on waxed paper and allow to cool and become firm.

NEVER-FAIL FUDGE

4 c. sugar	1 square bitter chocolate
1 large can evaporated milk	1 pkg. marshmallows
3/4 stick butter	1 lb. nuts (chopped)
3 small pkgs. chocolate pieces	1 T. vanilla

Combine ingredients and boil over low heat for 6 minutes. Stir constantly. Remove from heat and add chocolate pieces, bitter chocolate, marshmallows and vanilla. Pour into buttered pan. Cool and cut into pieces. Yield: 6 pounds.

PASTEL DIVINITY

3 c. white sugar	1 (3 oz.) pkg. desired flavor
3/4 c. light corn syrup	gelatin
3/4 c. water	1 c. nuts (chopped)
2 egg whites	1/2 c. coconut (grated)
	1 tsp. vanilla

Mix sugar, syrup and water; stir until sugar is dissolved. Cook to hard ball stage. Beat egg whites until they fluff up. Gradually add gelatin powder, beating until mixture holds peak. Pour syrup into egg white mixture, beating constantly, until candy holds shape and loses its gloss. Fold in nuts and coconut. Add vanilla. Drop from a spoon onto waxed paper or quickly pour into an 8 inch square pan. Let stand until set. Cut into pieces with a knife which has been dipped into hot water.

SUN TEA

4 tea bags	1/2 stick cinnamon
1 clove	

Place tea bags, clove and cinnamon in a 1/2 gallon glass jar. Fill with water. Cover top with plastic or aluminum. Place in hot sun for six hours. Strain into glass and add ice cubes. Add sugar if desired.

SPICED TEA

1 tsp. cinnamon	Juice of 3 lemons
1 tsp. cloves	Juice of 3 oranges
1 tsp. nutmeg	1/2 c. tea leaves
3 c. sugar	

Tie spices in a bag. Add sugar to 1 quart water; heat until dissolved. Add spices, boil rapidly for 10 minutes. Remove from heat; add lemon and orange juice. Steep tea in 1 quart boiling water 5 minutes. Strain tea; add spice mixture. Cover and let stand 3 hours. Strain and heat to boiling; add 1 quart boiling water. Yield: 30 servings.

HOT SPICED TOMATO JUICE

Pawnee County Extension Office

5 c. tomato juice	1 T. lemon juice
2 beef bouillon cubes	1/2 tsp. Worcestershire sauce

Heat tomato juice. Add bouillon cubes and stir until dissolved. Remove from heat. Stir in lemon juice and Worcestershire sauce. Serve hot, in cups or mugs. Garnish with lemon or lime slice in each cup. Serves 6 to 8.

GOLDEN EGG NOG

Pawnee County Extension Office

2 eggs (well beaten)

2 T. honey

1/2 tsp. vanilla

2 c. chilled milk

Crushed ice

Nutmeg

Combine eggs, honey, vanilla and milk. Shake or blend until well mixed. Serve over crushed ice. Sprinkle with nutmeg. Makes 4 small glasses.

COFFEE PUNCH

Mrs. E. C. Mohler
Ponca City, OK

1 qt. vanilla ice cream

1 qt. strong coffee

1 qt. chocolate milk

1/2 pt. heavy cream (whipped)

Combine all ingredients except ice cream. Pour mixture over ice cream block; chill with coffee ice cubes. Yield: 25 punch cups.

GOLDEN PUNCH

2 c. sugar

1 large can pineapple juice

1 large can frozen lemon juice

1 large can frozen orange juice

1 bottle soda water

1 bottle ginger ale

Dissolve sugar in 1 cup water; bring to a boil. Cool; add fruit juices and soda water. Just before serving, add ginger ale. Yield: 40 servings.

FRUIT PUNCH (makes 30 servings)

1 (6 oz.) can frozen orange juice

2 (6 oz.) cans frozen limeade

1 (6 oz.) can frozen lemonade

1 (1 lb. 14 oz.) can pineapple juice

1 pt. cranberry juice cocktail

2 to 4 c. cold water

2 qts. ginger ale (chilled)

1 qt. plain soda water (chilled)

Garnish with fruit or mint

Empty frozen juices, pineapple and cranberry juice and water into container or bowl. Thaw; stir well. Pour mixture into punch bowl. Add ice cubes. Just before serving, gently pour in ginger ale and soda water. Top with Fruit Ice Ring and sprigs of mint or other fruit garnish.

FRUIT ICE RING:

Use any combination of lime, lemon or orange slices. Arrange in pattern in the bottom of the 8 inch ring mold. Add water to cover fruit, freeze. To unmold, loosen ring by dipping bottom of mold into warm water. Float on top of punch; garnish with mint leaves and, if available, fresh strawberry slices.

PERFECT PUNCH (yields 150 servings)

Helen Ventress

- | | |
|--|----------------------------------|
| 1 (32 oz.) can frozen orange juice concentrate | 1 (No. 404) can grapefruit juice |
| 1 (No. 10) can pineapple juice | 6 qts. ginger ale |
| 1 (32 oz.) can frozen lemonade | 2 gal. cold water <u>and</u> ice |
| | Sugar (to taste) |

Mix all the ingredients. Stir with a wire whip and chill for 1 to 2 hours to allow the flavors to blend. NOTE: If color is desired, add food coloring, but do NOT add red colored juices.

HOT SPICED CIDER (for use in a crock pot)

- | | |
|-----------------------|-------------------------|
| 1/2 c. brown sugar | 1 1/2 tsp. whole cloves |
| 2 qts. cider | 2 sticks cinnamon |
| 1 tsp. whole allspice | Orange slices |

Put all the ingredients into a crock pot. Tie whole spices in cheesecloth and cover and set on high for 1 hour, then turn to low for 2 to 8 hours. Serve hot from crock pot.

HOT SPICED PUNCH

- | | |
|------------------|----------------------------------|
| 2 qts. water | 2 small cans frozen orange juice |
| 2 c. sugar | 2 small cans frozen lemonade |
| 1 stick cinnamon | 1 large can pineapple juice |
| 1 tsp. cloves | |

Tie cinnamon stick and cloves into a cloth bag; boil 5 min. with sugar in water. Let stand 1 hour; remove bag. Add undiluted orange juice and lemonade, stir in pineapple juice. Heat and serve hot.

WASSAIL IN THE SLOW COOKER

Pawnee County Extension Office

- | | |
|--|-------------------------|
| 2 qts. apple juice <u>or</u> cider | 1 pt. cranberry juice |
| 3/4 c. sugar | 1 tsp. aromatic bitters |
| 2 sticks cinnamon | 1 tsp. whole allspice |
| 1 small orange (studded with whole cloves) | 1 c. rum (optional) |

Put all ingredients in crock pot. Cover and cook on high for one hour. Then turn to low for 4 to 8 hours. Serve warm from the pot. Serves 12.

HOT CHOCOLATE MILK (store in large jars)

Helen Ventress

1 (8 qt.) box Carnation
instant milk

1 (6 oz.) jar Coffee-mate
1 (1 lb.) box instant chocolate

1 c. powdered sugar

Mix together. Fill a cup 1/3 full of the mix, add hot water.
Or if you want it stronger, fill cup 1/2 full of mix, then add water.

RED PEPPER RELISH

Ruth H. Moore

7 cups finely chopped sweet red peppers (14 to 16 medium) 2 T. salt
6 c. sugar
1 qt. vinegar

Combine peppers and salt, let stand 3 to 4 hours. Add sugar and vinegar; cook, stirring frequently, until thick, about 45 minutes. Pour, boiling hot, into hot sterilized jars, leaving 1/8 inch head space. Adjust caps. Process 10 minutes. Yield: about 6 pints. Excellent sweet-sour accompaniment with meats.

SWEET RELISH

Ruth H. Moore

4 c. ground white onions 6 c. sugar
4 c. ground cabbage 1 T. celery seed
4 c. ground green tomatoes 2 T. mustard seed
12 green peppers (ground) 1 1/2 tsp. turmeric
6 red peppers (ground) 6 c. apple cider vinegar
1/2 c. salt

Combine all the ground vegetables, add salt and let stand overnight. In the morning, drain off salt water, add cold water, rinse well and drain thoroughly. Add the rest of the ingredients to the vegetables, bring to a boil and simmer three minutes. Seal in sterilized jars. Do NOT soak or cook in aluminum kettles.

OKRA DILL PICKLE

H. Ventress

3 lbs. okra 12 heads of dill
3 c. vinegar (I like to add 1 clove garlic,
3 c. water sliced, and 1/2 tsp. mustard
6 T. salt seed to each pint jar)

Pack scrubbed young tender whole okra pods with stem ends on them into hot sterilized pint jars with a small bunch of dill. Make brine of water, vinegar and salt; heat to boiling. Pour over okra. Seal. Process in boiling water bath 5 minutes. Let stand 3 to 4 weeks. Makes 6 pints.

DILL PICKLES

Ruth H. Moore

20 to 25 (4 inch) cucumbers	1 hot pepper
1/8 tsp. powdered alum	1 c. pickling salt
1 clove garlic	3 qts. water
2 heads of dill <u>and</u> stems	1 qt. vinegar
per jar	

Wash cucumbers and let stand overnight in cold water. Pack into hot sterilized quart jars. To each jar add the above alum, garlic, dill and stems, and red pepper. Combine vinegar, salt and water. Heat to boil. Fill jars and add 1/2 teaspoon mustard seed to each jar. Place grape leaf in each jar and seal. Let stand 3 weeks before using.

DELICIOUS DILLS

H. Ventress

Green grape leaves	2 large onion slices (<u>or</u> 2 cloves
Cucumbers (4 to 5 inches long)	garlic)
8 heads <u>and</u> stems dill	5 c. water
2 tsp. ground horseradish	1/2 c. vinegar
2 tsp. mustard seed	1/3 c. salt

Line bottoms of 2 quart (or 4 pint) jars with grape leaves. Halve cucumbers lengthwise, then use to fill jars. To each jar, add half of dill, horseradish, mustard seed and onion slices.

Boil water, vinegar and salt together. Pour hot over cucumbers in jars; seal at once. HOT water bath 15 minutes. Do NOT open for at least 2 weeks so flavor has a chance to develop.

CINNAMON RINGS

Ruth H. Moore

2 gal. large cucumbers	1 c. vinegar
2 c. lime to 8 qt. water	1 T. alum
	1 bottle red food coloring

SYRUP:

3 c. vinegar	12 sticks cinnamon
3 c. water	12 c. sugar
2 pkgs. red hots	

Seed, peel and cut cucumbers into rings. Measure 2 gallons. Put rings in lime water for 24 hours. Drain and wash in cold water. Soak 3 hours in cold water. Drain; add 1 c. vinegar and 1 T. alum, food coloring and water to cover. Simmer 2 hours and drain.

Continued Next Page.

CINNAMON RINGS (Continued).

Syrup: Combine 3 cups vinegar, 1 1/2 cups water, 12 sticks cinnamon, and 12 cups sugar. Soak red hots in remaining 1 1/2 cups water while preparing the rest. Bring syrup to boil; pour over rings and let stand overnight. Drain and reheat for next three mornings. On last day, bring syrup and rings to boil. Place rings in sterilized jars and seal.

CAKES - DESSERTS



CAKES - DESSERTS

MOTHER'S CHOCOLATE PICNIC CAKE

Virginia Favaro

2 c. flour	2 eggs
1/2 c. cocoa	1 tsp. vanilla
1/4 tsp. salt	1/2 c. buttermilk
2 c. sugar	1 c. boiling water
1/2 c. shortening	1 tsp. soda

Sift together three times flour, cocoa and salt. Lay aside. Cream sugar and shortening; add eggs and vanilla. Mix well. Add alternately the dry ingredients and buttermilk. Mix well. Add soda to boiling water.

NOTE: Glass measuring cup is desirable as soda will foam up some when added to water.

Add water to batter and mix well. Pour batter into well-greased and floured 9x13 inch baking pan. Bake 45 minutes in 350° oven. Top cake with favorite icing.

CAKE THAT DOESN'T LAST

3 c. flour	1 c. nuts (chopped)
2 c. sugar	1 tsp. baking soda
3 eggs	1 tsp. salt
1 1/2 c. cooking oil	1 tsp. cinnamon
1 can (8 oz.) crushed pineapple (drained)	1 tsp. vanilla
	2 c. mashed bananas

Mix dry ingredients in a large bowl. Make well in the center. Add eggs, pineapple, nuts, oil, vanilla and bananas. Stir, do NOT beat. Will take only a few stirs to mix. Pour into a greased and floured tube pan. Bake at 350° for 75 minutes. Top with favorite frosting.

RAW APPLE CAKE

Mrs. Lena Swalley
Ponca City, OK

3 c. flour	3 c. chopped apples
1 tsp. soda	1 1/2 c. chopped nuts
1/2 tsp. salt	3 eggs (slightly beaten)
2 c. sugar	1 1/4 c. cooking oil
1 tsp. cinnamon	2 T. vanilla

Sift dry ingredients together. Add apples and nuts. Combine remaining ingredients; add to apple mixture. Do NOT use an electric mixer. Pour into a greased and floured tube pan. Bake at 350° for 1 hour.

APPLESAUCE CAKE

1/2 c. shortening	1/4 tsp. salt
3/4 to 1 c. sugar	1 tsp. cinnamon
2 eggs	1/2 tsp. cloves
1 1/2 c. unsweetened applesauce	2 c. flour
1/2 tsp. soda	1 c. raisins <u>or</u> 1/2 c. raisins
1 tsp. baking powder	<u>and</u> 1/2 c. chopped nuts

Cream shortening and sugar. Add eggs one at a time, beating well after each addition. Mix soda in applesauce; add to creamed mixture. Add remaining ingredients, beating slightly after each addition. Pour into a greased 8 inch square pan. Bake at 350° for 40 minutes. Yield: 12 to 16 servings.

CARROT CAKE

2 c. flour	1 tsp. salt
2 c. sugar	4 eggs (beaten)
2 tsp. soda	1 1/3 c. cooking oil
2 tsp. cinnamon	3 c. raw carrots (finely grated)

Sift dry ingredients; add eggs and oil. Stir in grated carrots. Bake in three layer pans at 350° for 30 minutes.

ICING:

1 box powdered sugar	1 tsp. vanilla
1 (8 oz.) pkg. cream cheese	1 c. nuts (chopped)
1 stick margarine	

Blend sugar, cream cheese and margarine with mixer. Add vanilla and nuts; spread between layers and over cake.

MILLION DOLLAR POUND CAKE

1 lb. margarine (softened)	4 c. flour
3 c. sugar	1/2 tsp. vanilla
6 eggs	1/2 tsp. almond extract
3/4 c. milk	

Cream margarine and sugar. Add eggs and beat well. Add flour alternately with milk and flavorings. Beat one minute at high speed. Pour batter into greased and floured angel food pan. Bake at 300° for 2 hours. Cool in pan and do NOT invert. Yield: 20 servings.

LAZY DAISY CAKE

1/2 c. milk	1 tsp. vanilla
1 1/2 T. shortening	1 c. flour
2 eggs (well beaten)	1 tsp. baking powder
1 c. sugar	1 tsp. salt

Heat milk and shortening to boiling. Add remaining ingredients. Beat well. Pour into 8x8 inch sheet cake pan. Bake 375° for 20 minutes.

TOPPING:

3 T. butter (melted)	5 T. brown sugar
2 T. cream	1/2 c. shredded coconut

Combine ingredients; spread over warm cake. Place under broiler until bubbly.

DEVIL'S FOOD CAKE

Mrs. L. Hickson

1 stick margarine	2 c. flour
4 T. cocoa	2 eggs
1/2 c. shortening	1 tsp. vanilla
1/2 c. water	1 c. buttermilk
2 c. sugar	1 tsp. baking soda

Combine margarine, cocoa, shortening and water in a saucepan. Bring to a boil and pour over sifted sugar and flour. Add eggs, vanilla and soda dissolved in buttermilk. Bake in ungreased 9x13 inch pan at 375° for 25 to 30 minutes. Pour icing over cake while hot. Let stand for 24 hours.

ICING:

1 stick margarine	1 box powdered sugar
4 T. cocoa	1 tsp. vanilla
6 T. milk	1 c. nuts (chopped)

Combine margarine, cocoa and milk in saucepan. Boil. Remove from heat and add powdered sugar, vanilla and nuts. Mix well with electric mixer.

WACKY CAKE

Peggy's cake (in memory)

1 1/2 c. flour	5 T. butter (melted)
1 c. sugar	1 T. vinegar
1 tsp. baking soda	1 tsp. vanilla
3 T. cocoa	1 c. water

Mix in 9x13 inch pan and just bake in it. Sift dry ingredients. Add butter, vinegar and vanilla and mix. Add water and beat until smooth. Bake at 350°. Yield: 12 servings.

Continued Next Page.

BEST SPONGE CAKE

4 eggs (separated)	1 c. cake flour
1 c. sugar	1 tsp. baking powder
1/2 c. cold water	1/2 tsp. lemon extract

Beat egg yolks until thick and lemon colored. Add sugar and beat about 5 minutes. Sift dry ingredients and add alternately with water. Beat 5 minutes. Add lemon extract and fold in stiffly beaten egg whites. Pour into tube pan and bake at 350° for 45 minutes. Cool and frost. Yield: 12 servings.

GERMAN SPICE CAKE (Oatmeal Cake)

1 c. quick cooking oats	1 1/3 c. flour (sifted)
1 1/2 c. boiling water	1 tsp. baking soda
1/2 c. butter (softened)	1 tsp. cinnamon
1 c. brown sugar (firmly packed)	1/2 tsp. salt
1 c. granulated sugar	1 tsp. vanilla
2 eggs (well beaten)	

Pour boiling water over oats and set aside for 20 minutes. Cream butter and sugars; add eggs and beat well. Stir in sifted dry ingredients alternately with oatmeal mixture and vanilla. Pour into greased and floured 11x7x2 inch pan. Bake at 350° for 30 to 35 minutes. Spread immediately with coconut topping and place under broiler for 30 seconds. Cool before cutting.

COCONUT TOPPING:

1 c. flaked coconut	1/2 c. evaporated milk
1 c. brown sugar (firmly packed)	1/4 c. butter (melted)

Mix all ingredients together thoroughly. Spread over top of cake and place under broiler for 30 seconds.

RED DEVIL'S FOOD CAKE

H. Ventress

2 c. sugar	1 tsp. soda
2 eggs	1 tsp. vanilla
1/2 c. butter	1 c. hot water
1/2 c. sour milk	1/4 tsp. salt
2 1/2 c. flour	

4 T Cocoa

Mix sugar and cocoa then cream butter, add eggs, beat well, then add milk and flour. Add vanilla. Put soda in cup, then pour in hot water on it. Then stir in cake, put in pan and bake at 350° for 45 minutes.

CHOCOLATE ANGEL FOOD CAKE

3/4 c. sifted cake flour	1 tsp. cream of tartar
1/4 c. cocoa	1 1/4 c. sifted sugar
1/4 tsp. salt	1 tsp. vanilla
1 1/4 c. egg whites (10 to 12 eggs)	

Sift flour and cocoa together 4 times. Add salt to egg whites. Beat until frothy. Add cream of tartar. Beat until stiff enough to form peaks. Fold sugar into whites, 1/4 cup at a time. Add vanilla. Fold flour mixture into whites, 2 tablespoons at a time. Pour batter into ungreased 10 inch angel food pan. Bake in moderate oven (375°) 1 hour.

Invert pan and let cake cool in pan about 1 hour. Frost with Orange Frosting:

1 (3 oz.) cream cheese	2 1/2 c. sifted powdered sugar
1 T. orange juice	1/2 tsp. grated orange rind

Blend cream cheese and orange juice; add the sugar gradually blending well. Add orange rind. Blend again. Makes enough frosting for one 10 inch tube cake.

OLD-FASHIONED SOUTHERN AMBROSIA CAKE

Helen Ventress

3 1/2 c. of pre-sifted flour	2 c. sugar
4 tsp. baking powder	1 c. milk
Dash of salt	1 tsp. vanilla
1 c. butter	6 egg whites

Now, sift the dry ingredients together, cream together the butter and sugar till light and fluffy. Add the flour mixture and milk alternately (and a little at a time) to the creamed mixtures, beating well after each addition. Stir in the vanilla. Beat the egg whites until stiff and fold them into the cake batter; pour the batter into three prepared 9 inch cake pans and bake at 350° for 30 minutes. Allow to cool for 5 minutes and remove the cakes from the pans. Let them cool on wire racks and spread the Orange-Pineapple Filling between the layers.

ORANGE-PINEAPPLE FILLING:

1 lb. canned crushed pineapple	3 T. grated orange rind
5 T. cornstarch	4 eggs
2 c. sugar	Dash salt
1/4 c. butter <u>or</u> margarine	1 c. flaked coconut
1 c. orange juice	

Continued Next Page.

OLD-FASHIONED SOUTHERN AMBROSIA CAKE (Continued).

Drain the pineapple and add enough water to the syrup to make one cup. In a saucepan, combine the cornstarch and sugar. Stir in the syrup to make smooth paste and add butter, juice and rind and cook over medium heat until thick and smooth. Beat eggs and salt with a little of the cooked mixture, and then put the rest in with the remainder of the cooked mix and cook for three minutes while stirring. Remove from heat and stir in the pineapple and coconut. Allow to cool and use when ready, y'all.

Or buy an angel food (large size). Cut to make 3 layers.

NEVER FAIL WHITE CAKE

Rada Fabela

2 1/2 c. flour	1 tsp. vanilla <u>or</u> almond <u>or</u>
4 1/2 tsp. baking powder	1/2 tsp. of each
1 tsp. salt	3/4 c. shortening
1 3/4 c. sugar	1 1/8 c. milk
	2/3 c. egg whites (5 eggs)

Sift together flour, baking powder, salt and sugar. Add shortening and milk. Beat 2 minutes. After it is well blended, add extract and egg whites. Beat 2 minutes. Pour into 2 pans and bake at 350° 35 to 40 minutes. Ice with Seven Minute Icing.

ITALIAN CREAM CAKE

Virginia Favaro
Terlton, OK

1 stick margarine	2 c. sifted flour
1/2 c. shortening	1 tsp. soda
2 c. sugar	1 c. buttermilk
1 tsp. vanilla	1 small can coconut
6 egg yolks	1 c. chopped pecans
6 egg whites (beat very stiff)	

Cream shortening, margarine, sugar and vanilla. Add egg yolks one at a time and beat well after each. Sift together flour and soda, add alternately with buttermilk. Fold in egg whites (stiffly beaten). Stir in coconut and chopped pecans. Bake in three 9 inch round cake pans in 350° oven for 25 minutes. Cool before frosting.

ITALIAN CREAM FROSTING:

1 (8 oz.) pkg. Philadelphia cream cheese	1 tsp. vanilla
1/2 stick margarine	1 box powdered sugar

Beat cream cheese and margarine until smooth and fluffy. Add vanilla and powdered sugar and beat until smooth. If desired, sprinkle frosting with finely chopped pecans.

MANDARIN ORANGE CAKEVirginia Favaro
Terlton, OK

CAKE INGREDIENTS:

2 c. sugar	1/2 tsp. salt
2 c. flour	2 eggs
2 tsp. baking powder	2 cans mandarin oranges (11 1/2 oz. each, well drained)

TOPPING INGREDIENTS:

3/4 c. brown sugar	2 T. margarine
3 T. milk	

Beat eggs. Add mandarin oranges and dry ingredients sifted together with flour. Beat with electric mixer on low speed for four minutes. Pour batter into greased and floured 9x13 inch cake pan. Bake in 350° oven for 30 to 35 minutes. When cake is nearly done, combine topping ingredients in small saucepan and bring to a boil. Pour over hot cake as soon as it comes from the oven. When cool, serve with whipped topping, if you wish.

SWANSDOWN WHITE CAKE (won blue ribbon in 1937)

Nona Swalley

3 egg whites	1 c. sugar (save 1/4 c. for egg whites)
2 c. sifted cake flour	
2 1/2 tsp. Calumet baking powder	1/2 c. shortening (Crisco)
	3/4 c. milk
3/4 tsp. salt	1 tsp. vanilla

Have the shortening at room temperature. Line bottoms of pans with paper; grease, use two round 8 inch layer pans, 1 1/2 inches deep. Start oven for moderate heat (350°). Sift flour once. Then measure into sifter: 2 c. sifted cake flour, 2 1/2 tsp. baking powder, 3/4 tsp. salt. Then measure into mixing bowl: 1 c. sugar and 1/2 c. shortening. Stir. Add milk and vanilla. Sift in dry ingredients. Add all together and beat about 2 minutes. Add beaten egg whites that have been beaten with 1/4 cup sugar in meringue. Ice with Seven Minute Icing.

WHITE CLOUD FROSTING

1 c. margarine	6 T. flour
1 c. sugar	1 tsp. vanilla
1 c. milk	

Add milk to flour. Cook slowly, stirring constantly. Cool. Cream margarine and sugar until fluffy. Add cooled mixture and vanilla. Beat until soft and fluffy.

SEVEN MINUTE ICING

Roxie Dietz

1 1/2 c. sugar	2 egg whites
1 T. white corn syrup	1 tsp. vanilla
5 T. water	

Mix sugar, water, unbeaten egg whites and corn syrup in top of double boiler; beat with rotary beater until thoroughly mixed, then place over boiling water (keep the water boiling). Beat the mixture in top of the double boiler continuously until stiff enough to hold its shape. This requires about 7 minutes. Add vanilla and beat until stiff enough to spread.

FLUFFY SEVEN MINUTE FROSTING

Helen Ventress

Combine 2 unbeaten egg whites, 1 1/2 cups sugar, dash of salt, 1/3 cup water and 1 tablespoon light corn sryup in top of a double boiler. Beat about 1 minute, or until thoroughly mixed, then place over boiling water and beat constantly 7 minutes, or until frosting stands in stiff peaks. Remove from boiling water. Add 1 teaspoon vanilla and beat 1 minute or until thick enough to spread. So pretty on a white cake and sprinkle with coconut.

WATERGATE CAKE

Helen Ventress

1 pkg. white cake mix	1 pkg. pistachio instant pudding
3/4 c. cooking oil	1 c. nuts (chopped)
3 eggs	1/2 c. coconut
1 c. 7-Up <u>or</u> Club Soda	

ICING:

2 envelopes (3 oz.) dry whipped topping mix	1 pkg. pistachio instant pudding
1 1/2 c. milk	1/2 c. coconut
	3/4 c. chopped pecans

Combine ingredients in order given and mix well. Pour into greased and floured 9x13 inch baking pan. Bake at 350° for 45 minutes.

For icing, combine topping mix, milk and pudding. Beat until thick. Spread on cake. Sprinkle with coconut and nuts.

When we cannot act as we wish, we must act as we can.

GOOD QUICK RAW APPLE SPICE CAKE

Helen Ventress

1 pkg. (2 layer size) spice cake mix
Mix. 1 pkg. (4 serving size) butter
pecan instant pudding

4 eggs 1/4 c. nuts (pecans)
1 c. water 1/2 tsp. imitation maple flavor
1/2 c. oil 2 raw apples (peeled, diced)

Combine all ingredients in large mixer bowl. Blend; beat at medium speed of electric mixer for 4 minutes. Pour into greased and floured 13x9 inch pan. Bake for 40 to 45 minutes at 350° or until cake tester inserted in center comes out clean.

FLUFFY NUT FROSTING:

Pour 1 1/2 cups COLD milk into a deep narrow bottom bowl; add 1 envelope Dream Whip topping mix and 1 package (4 serving size) butter pecan instant pudding. Blend gradually and whip until soft peaks will form, 4 to 6 minutes. Spread on top and sides of cake; sprinkle with 1/3 cup chopped pecans.

STRAWBERRY CAKE

Peggy Ann Phillips

1 pkg. white cake mix 1 box strawberry Jello
1 c. oil 1/2 c. hot water
4 eggs 1/2 c. chopped strawberries

Beat the cake mix and oil well. Add eggs one at a time. Dissolve the Jello in hot water, cool before adding to mix. Add the strawberries. Bake 350° oven for 30 to 35 minutes.

ICING:

1 lb. powdered sugar 3/4 stick melted margarine
Add enough strawberries to make thin enough to spread.

COCONUT CAKENona Neal
Jackson, Miss.

1 pkg. yellow or white cake mix 1 c. water
1 pkg. coconut cream instant 1/2 c. oil
pudding 1 1/3 c. coconut
4 eggs

Combine the mixes, eggs, water and oil. Beat for 2 minutes. Set aside 1/4 cup coconut, then stir remaining coconut into the batter. Bake in 350° oven for 50 to 55 minutes. Cool for 15 minutes. Remove from the pan and cool on a rack.

Continued Next Page.

COCONUT CAKE (Continued).

ICING:

- | | |
|--------------------------------------|-----------------------------|
| 1 1/2 c. cold milk | 1 box coconut cream instant |
| 1 pkg. <u>or</u> envelope Dream Whip | pudding |
| Mix and beat until thick. | |

PEACH UPSIDE-DOWN PUDDING CAKE

- | | |
|-----------------------------------|------------------------------------|
| 1/4 c. butter <u>or</u> margarine | 1 box (4 serving size) vanilla |
| (melted) | instant pudding |
| 1/2 c. firmly packed light | 4 eggs |
| brown sugar | 1 c. sour cream |
| 1 can (29 oz.) sliced cling | 1/3 c. oil |
| peaches (well drained) | 1/2 tsp. almond extract (optional) |
| 1 box (2 layer size) yellow | |
| cake mix | |

Combine butter and brown sugar; pour into a 13x9 inch pan. Arrange cling peaches on sugar. Combine remaining ingredients in large mixer bowl. Blend; then beat at medium speed for 4 minutes. Spoon carefully into pan. Bake at 350° for 45 minutes or until cake springs back when lightly touched. Cool in pan 5 minutes. Invert onto platter; remove pan. Garnish with whipped topping, if desired.

ORANGE-PINEAPPLE CAKE

- | | |
|-------------------------------|-------------------------------------|
| 1 box yellow butter cake mix | 1 large can crushed pineapple |
| 3 eggs | (including juice) |
| 3/4 c. cooking oil | 1 box instant coconut cream pudding |
| 1 can mandarin oranges (juice | 1/2 tsp. vanilla |
| <u>and</u> all) | 1 large carton (9 oz.) whipped |
| | topping |

Combine cake mix, eggs, oil and oranges. Mix well, chopping up oranges. Pour into three cake pans, greased and floured. Bake at 350° F. for 15 minutes. (Layers will be thin). Combine pineapple, pudding mix, vanilla. Mix well and fold in whipped topping. Spread mixture between cake layers and on top.

VANGIE'S DUMP CAKE

Virginia Favaro

- | | |
|-------------------------|---------------------------------------|
| 1 box yellow cake mix | 1/2 to 1 c. chopped nuts (if desired) |
| 1 can crushed pineapple | |
| 1 c. brown sugar | 2 sticks margarine (sliced) |

Put pineapple, brown sugar and nuts (if desired) over bottom of 9x13 inch baking pan. Mix cake as directed and pour over pineapple and brown sugar. Place sliced pieces of margarine all over top of batter in pan. Margarine melts as cake bakes and goes down through cake. Bake at 350° for 45 minutes. Serve warm or cold, with sauce side up.

SPONGE DELUXE CAKEHelen Ventress
Terlton, OK

- | | |
|------------------------------|---------------------------|
| 1 pkg. lemon cake mix | 1/3 c. salad oil |
| 1 pkg. instant lemon pudding | 4 eggs |
| 1/2 c. lemon juice | 1 c. milk or 2/3 c. water |

Combine ingredients. Mix well. Pour into tube pan. Bake at 350° for 30 to 40 minutes.

TOPPING:

- | | |
|-------------------------|----------------|
| 1/2 c. lemon juice | Powdered sugar |
| 1/2 c. granulated sugar | |

Bring juice and granulated sugar to a boil and pour over top of warm cake. Sprinkle powdered sugar on cake when cold.

LEMON POUND CAKE

- | | |
|-------------------------------|-----------------------|
| 1 pkg. pound cake mix | 1/2 c. salad oil |
| 1 pkg. lemon flavored gelatin | 3/4 c. apricot nectar |
| 1 tsp. lemon flavoring | 4 eggs |

Combine mix, gelatin, flavoring, oil, nectar and beaten eggs. Mix until smooth. Pour into greased and floured 2 quart mold. Bake at 325° for 1 hour. Unmold and frost while hot.

FROSTING:

- | | |
|---------------------|------------------|
| 1 c. powdered sugar | 2 T. lemon juice |
|---------------------|------------------|

Add lemon juice to powdered sugar and beat. Yield: 15 to 20 servings.

PINEAPPLE PUDDING CAKE

1 box yellow cake mix
 1 box pineapple cream
 instant pudding
 4 eggs

1/2 c. oil
 1 can crushed pineapple
 (1 lb. 4 oz.)
 1 c. pineapple juice or water

Drain can of pineapple and measure juice. If there is not a cup of juice, fill cup with water. Combine cake mix, instant pudding, eggs, oil and juice in large mixer bowl; blend. Beat at medium speed of electric mixer for 2 minutes. Stir in pineapple. Pour into greased and floured 10 inch tube pan. Bake at 350° for 45 or 50 minutes. Top with confectioners' sugar glaze.

EXTRA EASY GERMAN SWEET CHOCOLATE CAKE

Cake mix and a no-cook filling makes this classic cake extra easy. Pudding helps make it extra moist.

1 pkg. (2 layer size) yellow
 cake mix
 1 box (4 serving size) instant
 vanilla pudding

1 pkg. (4 oz.) Baker's German
 sweet chocolate (melted)
 4 eggs
 1 1/4 c. milk
 1/2 c. oil

Blend all ingredients in large mixer bowl. Beat 4 minutes at medium speed of electric mixer. Pour into 3 greased and floured 9 inch layer pans. Bake at 350° for 30 minutes or until cake springs back when lightly pressed and pulls away from sides of pans. Cool in pans 15 minutes. Remove and cool on racks. Fill with easy Coconut Pecan Filling.

Blend 3/4 cup light corn syrup with 1 package (6 serving size) butter pecan instant pudding mix. Gradually stir in 1 cup evaporated milk. Add 1 1/3 cups coconut and 1/2 cup chopped pecans. Chill 10 minutes.

SURPRISE CAKE

Virginia Favaro
 Terlton, OK

6 egg whites
 40 Ritz crackers (crushed
 very fine)
 2 c. sugar

2 tsp. vanilla
 1 c. chopped nuts or Granola
 cereal

Beat egg whites very stiff. Slowly add sugar and vanilla. Fold in nuts or cereal and crackers. Spread in well buttered 9x13 inch cake pan and bake in 350° oven for 30 minutes.

SPRING GREEN DESSERT

Helen Ventress

This is so nice to serve to club.

- | | |
|-----------------------------|---|
| 1 c. flour | 2 c. prepared whipped topping |
| 1/2 c. oleo (1 stick) | 2 pkgs. instant pistachio pudding mix |
| 1/2 c. ground pecans | 2 1/2 c. cold milk |
| 1 pkg. (8 oz.) cream cheese | 1 small can crushed pineapple (drained) |
| 1 c. powdered sugar | |

To make the first layer, mix flour, oleo and pecans together. Pat into 9x13 inch pan and bake in 350° F. oven for 15 minutes. Do NOT brown. Let cool.

Second layer, cream powdered sugar and cream cheese together and fold in 1 cup whipped topping. Spread over cooled crust.

Third layer, beat together pudding mix and milk for two to three minutes. Add pineapple and spread over second layer. Refrigerate overnight. Before serving, spread 1 cup whipped topping on.

COCONUT CREAM DESSERT

This is a good company dessert that can be made ahead.

- | | |
|-----------------------------|--|
| 1 c. oleo (melted) | 1 carton (9 oz.) whipped topping |
| 2 c. flour | 2 pkgs. (3 oz. each) instant coconut cream pudding mix |
| 2/3 c. nuts (chopped) | 2 1/2 c. cold milk |
| 1 pkg. (8 oz.) cream cheese | |
| 1 c. powdered sugar | |

Mix oleo, flour and nuts. Put in a 13x9 inch pan and bake in 350° F. oven for 15 to 20 minutes. Blend cream cheese and powdered sugar. Add 1 cup whipped topping to cheese mixture. Spread over cooled crust. Combine (both packages) pudding mix with milk. Spread over top of cheese mixture. Top this with remaining whipped topping. Sprinkle with toasted coconut. Refrigerate until ready to serve.

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

STRAWBERRY-ANGEL FOOD DESSERT

1 angel food cake
1 pkg. strawberry flavored
gelatin

1 c. hot water
2 c. frozen strawberries
2 c. whipping cream

GLAZE:

1 c. strawberry juice
1 T. cornstarch

2 drops red food coloring
1 tsp. butter

Trim brown crusts from cake. Break cake into small pieces. Dissolve gelatin into hot water. Add 1/2 cup ice water and chill until slightly thickened. Beat until thick and fluffy. Drain strawberries and save juice. Whip cream until stiff. Combine gelatin, berries and whipped cream. Pour cake crumbs into tube pan alternately with berry mixture. Chill until firm. Turn out of pan and glaze. For glaze, combine strawberry juice and cornstarch. Cook until thickened. Remove from heat and add food coloring and butter. Pour over cake.

KEZIA'S CHEESE CAKE

Cleveland Chamber of Commerce

1 tall can condensed milk
1 small box lemon flavored
gelatin
1 c. boiling water

1 pack graham crackers
1 stick margarine or butter
1 c. sugar
1 (8 oz.) pkg. cream cheese

Chill condensed milk at least one hour. Mix lemon gelatin with boiling water. Let completely cool, but not set. Roll graham crackers into very fine crumbs. Mix all but 1/4 cup of crumbs with melted margarine or butter and place in bottom of 9x13 inch baking dish, pressing into a crust. Cream together in large mixing bowl the sugar and cream cheese. Add cooled gelatin to sugar-cheese mixture, mixing well. Beat chilled condensed milk at highest speed in large mixer bowl until it stands in peaks, (about 10 minutes).

Gently fold this whipped condensed milk into gelatin mixture, then pour it over the cracker crust. Sprinkle remaining 1/4 cup dry graham cracker crumbs over the top of cake and freeze until serving time.

Our actions are our own; the consequences belong to Heaven.

NO-BAKE CHEESE CAKE

Mary Burgess

- | | |
|--|---|
| 1 (3 oz.) pkg. lemon flavor
gelatin | 1 tsp. vanilla |
| 1 c. boiling water | 1 tall can Milnot (whipped) |
| 1 (8 oz.) pkg. cream cheese | 3 c. graham cracker crumbs
(or less, if desired) |
| 1/2 c. sugar | 1/2 c. butter <u>or</u> oleo (melted) |

Dissolve gelatin in boiling water. Chill until slightly thickened. Cream together cheese, sugar and vanilla; add gelatin and blend well. Fold in stiffly whipped Milnot. (This can be done with electric mixer). Mix graham cracker crumbs and melted butter together; pack 2/3 of mixture on bottom and sides of 9x13x2 inch pan. Add filling and sprinkle with remaining crumbs. Chill overnight. Makes 12 to 16 servings.

CHEESE CAKE WITH PINEAPPLE

- | | |
|--|--|
| 1 1/2 pkgs. graham crackers
(crushed) | 1 c. sugar |
| 1/2 stick margarine | 2 tsp. vanilla |
| 1 pkg. lemon gelatin | 1 large can crushed pineapple
(drained) |
| 1 (8 oz.) pkg. cream cheese | 1 large can evaporated milk
(chilled) |

Combine graham crackers and margarine. Put half of the mixture in bottom of baking dish and save remainder. Dissolve gelatin in 1 cup hot water; set aside. Blend cream cheese with mixer with sugar and vanilla. Add pineapple. Whip thoroughly chilled milk. Combine all ingredients and place in dish. Sprinkle graham cracker mixture on top. Refrigerate. Yield: 20 servings.

STRAWBERRY TORTECRUST:

- | | |
|--------------------------------|-----------------------|
| 1 1/2 c. graham cracker crumbs | 1/3 c. powdered sugar |
| 1/3 c. butter (melted) | |

FILLING:

- | | |
|--|--------------------------------|
| 1 lb. marshmallows | 1/2 c. pecans (finely chopped) |
| 1 1/2 c. milk | 1/2 pt. heavy cream (whipped) |
| 1 pkg. frozen strawberries
(thawed) | |

Continued Next Page.

STRAWBERRY TORTE (Continued).

To prepare crust, combine crumbs, melted butter and sugar. Line an 8 inch spring pan with mixture. To prepare filling, melt marshmallows in milk over low heat; cool. Fold in strawberries, pecans and whipped cream. Pour into crumb-lined pan; chill until set. Garnish with whipped cream. Yield: 10 servings.

BLUEBERRY DELIGHT

16 graham crackers (rolled into crumbs)	2 eggs
1/2 c. margarine	1 can blueberries (drained)
1 1/4 c. sugar	1 tsp. lemon juice
1 large pkg. cream cheese	1 T. flour

Combine graham cracker crumbs, margarine and 1/2 cup sugar; spread in 9 inch pan. Combine cream cheese, eggs and 1/2 cup sugar; pour over crust. Bake 15 minutes at 350°. Thicken blueberry juice with flour and 1/4 cup sugar; add berries and lemon juice. Cool; pour over baked mixture. Top with whipped cream. Yield: 8 to 10 servings.

PINEAPPLE DESSERT

Jean Sparks

1 c. powdered sugar	1/2 c. chopped nuts
1 egg	1 1/2 c. pineapple (drained)
1 cube oleo	1 tub Cool Whip (9 oz. size)

Beat powdered sugar, egg and oleo until smooth and creamy. Add pineapple, Cool Whip, nuts. Stir in with spoon until blended. Pour mixture into a graham cracker crust. Chill 3 to 4 hours. Serve cold.

PEARL NASH'S ICEBOX CAKE (in memorial)

Virginia Favaro

1/2 lb. vanilla wafers

CREAM:

1/2 c. margarine	2/3 c. sugar
------------------	--------------

ADD:

2 well beaten eggs	1 c. shredded pineapple
1 c. Grape Nuts	1/2 c. chopped pecans

Crush 1/2 lb. vanilla wafers and place half of them in bottom of 9 inch baking pan or dish. Place filling into dish and cover with remaining wafer crumbs. Refrigerate overnight or even a couple of days. The longer it sets, the better it tastes.

BANANA SPLIT CAKE

Virginia Favaro

- | | |
|---|--|
| 2 c. graham cracker crumbs | 3 T. milk <u>or</u> cream |
| 1/2 c. margarine (melted) | 1 large can crushed pineapple
(drained) |
| 1/2 c. sugar | 5 bananas (sliced) |
| 1 (8 oz.) pkg. cream cheese
(softened) | 1 large carton whipped topping |
| 1 box powdered sugar | 1/2 c. maraschino cherries
(cut up) |
| 1 stick margarine (softened) | 1/2 c. pecans (chopped) |
| 1 tsp. vanilla | |

Combine graham cracker crumbs, 1/2 cup melted margarine and 1/2 cup sugar. Press into bottom of 9x13 inch baking dish to form crust. Cream together cream cheese, powdered sugar, softened margarine, vanilla and milk. Spread over crust. Combine drained pineapple, bananas, cherries, pecans and whipped topping. Spread over cheese mixture. Chill until served.

ICEBOX BANANA DESSERT

- | | |
|--------------------------------|--|
| 1 stick oleo (melted) | 1 can (20 oz.) crushed pineapple
(well drained) |
| 2 c. graham crackers (crushed) | 1 large container whipped topping |
| 2 eggs | 1/2 c. chopped maraschino cherries |
| 2 sticks oleo | 3/4 c. <u>or</u> 1 c. chopped pecans |
| 2 c. powdered sugar | |
| 5 bananas (sliced) | |

Combine graham cracker crumbs and one stick of oleo. Pack into a 9x13 inch pan. Beat eggs, two sticks of oleo, and powdered sugar together for no less than 15 minutes. Spread this over the unbaked crumb crust. Add the sliced bananas and pineapple. Add layer of whipped topping. Top with cherries and pecans. Refrigerate overnight. Makes 15 to 16 large servings.

CHERRY PUDDING

Roxie Dietz

- | | |
|-------------|----------------------|
| 2 T. butter | 1 tsp. baking powder |
| 1 c. sugar | 1 can cherries |
| 1/2 c. milk | 3/4 c. sugar |
| 1 c. flour | 1/2 c. water |

Mix butter, 1 cup sugar, milk, flour, and baking powder into a batter. Mix cherries, 3/4 cup sugar and water and heat. Pour batter into a buttered baking dish and pour cherry mixture over the batter. Bake in 350° oven for 30 minutes.

ICEBOX FRUITCAKE ROLL

Ruth H. Moore

- | | |
|--------------------------------|---|
| 3/4 c. evaporated milk | 3/4 c. dates (finely cut) |
| 1 1/3 c. marshmallows (16) | 1 1/3 c. seedless raisins |
| (cut in 1/6) | 1 c. chopped nuts |
| 1/4 c. orange juice | 1/2 c. candied pineapple (finely cut) |
| 4 1/2 c. graham cracker crumbs | 1/2 c. candied cherries (finely cut) |
| 1/2 tsp. cinnamon | 1/3 c. candied orange peel (finely cut) |
| 1/2 tsp. nutmeg | |
| 1/4 tsp. cloves | |

Combine all ingredients. Tear off 14 inch length of sturdy "quilted" Kaiser heavy duty or broiling foil. Place fruitcake on foil, make roll 9 inches long. Wrap securely, twisting ends well. Chill 2 or 3 days. Slice to serve. Garnish with ginger flavored whipped cream.

NOTE: In place of candied fruits, use 1 cup canned ready mixed fruits.

GLORIFIED RICE

- | | |
|----------------------|----------------------------------|
| 1 c. long grain rice | 1/2 tsp. salt |
| 1 box lemon gelatin | 1 c. crushed pineapple (drained) |
| 1 1/2 c. hot water | 4 maraschino cherries (chopped) |
| 5 T. sugar | 1/4 c. shredded coconut |
| 2 T. lemon juice | 1 c. whipping cream |

Cook rice until fluffy. Dissolve gelatin in hot water and add 3 tablespoons sugar, juice, salt, pineapple, cherries, coconut and rice. Cool until partially thickened. Add 2 tablespoons sugar to whipped cream and fold into rice mixture. Chill until set. Yield: 6 servings.

APPLE ROLL

- | | |
|----------------------|---------------------------------------|
| 4 c. apples (diced) | 1 tsp. soda dissolved in 1/4 c. water |
| 1/2 c. shortening | 2 c. flour |
| 2 c. sugar | 1 tsp. cinnamon |
| 3 eggs (well beaten) | 1 tsp. cloves |
| 1 c. raisins | 1 tsp. nutmeg |
| 1 c. nuts | Whipped cream |

Combine all ingredients and mix well. Bake in greased and floured 10x14x2 inch pan at 350° for 45 to 60 minutes. Top with sauce or whipped cream. Yield: 16 to 20 servings.

HEAVENLY HAWAIIAN SHERBET

1/2 envelope unflavored gelatin 1 (9 oz.) can crushed pineapple
 2 T. cold water 1 tsp. vanilla
 2 c. buttermilk 1 egg white
 1 c. sugar

Soften gelatin in cold water; dissolve over hot water. Combine buttermilk, 3/4 cup sugar, pineapple, vanilla and gelatin. Mix well. Freeze in refrigerator tray until firm. Turn into chilled bowl and beat smooth with electric beater. Beat egg white until soft peaks form. Gradually add 1/4 cup sugar and beat until stiff peaks form. Fold into pineapple mixture. Return to cold tray. Freeze firm. Yield: 4 to 6 servings.

DOUGHNUTS

I made these in 1936 Ventress and today

2 eggs 5 c. sifted pastry flour
 1 c. sugar 1 tsp. baking powder
 1 tsp. salt 1/2 tsp. soda
 2 T. Mazola 1 tsp. nutmeg
 1 c. sour or buttermilk

Thoroughly mix first 5 ingredients. Sift together flour, baking powder, soda and spice and add to first mixture. Mix thoroughly but lightly, and roll out on slightly floured board. Cut with doughnut cutter and fry in deep hot Mazola. If sweet milk is used, eliminate soda and use 4 teaspoons baking powder.

ICE CREAM (makes up to 1 1/2 gallons)

Helen Ventress

6 eggs (well beaten) 3 T. cornstarch or flour
 3 c. sugar 2 T. vanilla
 4 c. milk 4 c. cream

Mix sugar, cornstarch and milk. Let boil until thick and clear, stirring frequently. Remove from heat, gradually adding well beaten eggs. Beat well. Cool, add vanilla and cream. Pour into freezer and fill with milk, leaving about 1 to 2 inches at top for expansion.

A man convinced against his will, is of the same opinion still.

NO STIR METHOD FOR PUDDINGS AND PIE FILLINGS

From Farm Kitchen

I have used these since 1930.

Are smooth sauces, puddings and pie fillings your Waterloo? Do you hate to stand over the stove and stir? Does the phone ring or the baby always cry at the critical moment in your chocolate pie making? Then try our Farm Kitchen NO STIR method for milk-made sauces, puddings and pie fillings which are thickened with flour or cornstarch.

Briefly, it is a double-boiler-dump; next, cooking without stirring; then a beating into luscious smoothness. Requirements are: a double boiler and a good rotary beater plus a dependable recipe. LEVEL measurements, please! Use a double boiler and rotary beater. Have gently boiling water in the lower part of the double boiler.

EASY CREAM SAUCE:

2 c. milk	4 T. butter
4 T. flour	1/2 tsp. salt

Scald milk. Blend flour, butter and salt into a ball, drop into hot milk. Cover, cook 15 minutes. Beat.

BLANC MANGE OR CORNSTARCH PUDDING:

2 c. milk	1/8 tsp. salt
1/3 c. sugar	1/2 tsp. vanilla
3 T. cornstarch	

Scald milk. Thoroughly blend sugar with cornstarch and salt. Dump into hot milk, cover, cook 20 minutes. Remove, beat until smooth. Add flavoring, mold and chill.

BUTTERSCOTCH PUDDING: (without egg)

2 c. milk	1/3 c. flour
2 T. butter	1/4 tsp. salt
3/4 c. brown sugar	1/2 tsp. vanilla

Scald milk and butter. Thoroughly blend brown sugar with flour (or use 3 tablespoons cornstarch) and salt. Dump into hot milk, cover, cook 20 minutes. Remove, beat until smooth, add flavoring.

BUTTERSCOTCH FILLING:

Same as butterscotch pudding, plus 1 egg or 2 yolks. Proceed as directed until pudding is smooth. Pour part over beaten egg, return to double boiler, cook 2 minutes, beating to blend. Flavor. Use for pudding, pie, cake.

Continued Next Page.

NO STIR METHOD FOR PUDDINGS AND PIE FILLINGS (Continued).

CREAM FILLING:

Same ingredients as in butterscotch filling, using $\frac{2}{3}$ cup white sugar in place of brown. Use same method adding egg last. Vary as any cream filling.

CHOCOLATE PUDDING: (without egg)

2 c. milk	$\frac{2}{3}$ to 1 c. sugar
2 T. butter	$\frac{1}{4}$ c. flour
2 squares chocolate <u>or</u>	$\frac{1}{4}$ tsp. salt
$\frac{1}{3}$ c. cocoa	$\frac{1}{2}$ tsp. vanilla

Scald milk and butter with chocolate (cut in pieces). Thoroughly blend sugar, flour, salt, also cocoa if used. Dump into hot milk, cover, cook 20 minutes. Remove, beat until smooth. Add flavoring.

CHOCOLATE FILLING:

Same as above, plus 1 egg or 2 yolks. Proceed as above until pudding is smooth. Pour part over beaten egg, return to double boiler, cook 2 minutes, beating to blend. Add flavoring.

ICEBOX ICE CREAM (1937)

Helen Ventress

30 large marshmallows	1 tsp. vanilla
2 c. milk	$\frac{1}{2}$ tsp. salt
2 c. whipped cream	

Melt marshmallows and salt in double boiler in milk. Then put in two ice cube trays and let start to freeze. Take out and add to whipped cream and vanilla. Beat good, then put back in trays to freeze. Stir once or twice while freezing.

ADDITIONAL RECIPES

CREAM FILLING

1/2 cup cream, 1/2 cup sugar, 1/2 cup flour, 1/2 tsp. salt, 1/2 tsp. vanilla. Beat cream and sugar until thick, then add flour and salt. Beat until smooth. Add vanilla. Use as filling for cakes or pastries.

CHOCOLATE FILLING

1/2 cup cream, 1/2 cup sugar, 1/2 cup cocoa powder, 1/2 tsp. salt, 1/2 tsp. vanilla. Beat cream and sugar until thick, then add cocoa powder and salt. Beat until smooth. Add vanilla. Use as filling for cakes or pastries.

PEACH ICE CREAM (1937)

1/2 cup cream, 1/2 cup sugar, 1/2 cup peach juice, 1/2 tsp. salt, 1/2 tsp. vanilla. Beat cream and sugar until thick, then add peach juice and salt. Beat until smooth. Add vanilla. Freeze in ice cream maker or in a freezer. Serve with wafers or cookies.

COOKIES - PIES



PIES - COOKIES

LEMON PIE

Grace Compton, Economy Terlton

- | | |
|---------------------|--|
| 1 1/2 c. sugar | 5 T. lemon juice <u>and</u> 1 T. lemon |
| 5 1/2 T. cornstarch | rind |
| 1 1/2 c. water | 1 T. butter |
| 3 beaten egg yolks | Prebaked pie shell |

Mix first 3 ingredients and cook until thick. Add 1 tablespoon grated lemon rind. Then add 3 beaten egg yolks with little of cooked ingredients added first. Beat in 4 1/2 to 5 tablespoons lemon juice and 1 tablespoon butter. Pour filling into prebaked shell.

Beat egg whites with 1/4 teaspoon cream of tartar added, until partly stiff, then gradually add 4 tablespoons sugar and beat about 2 1/2 minutes so that sugar is completely dissolved. Top with meringue being sure it touches crust all around. Bake in 350° oven till meringue is nicely browned.

LEMON MERINGUE PIE

Helen Ventress
Terlton, OK

- | | |
|--------------------|---|
| 2 T. butter | Juice <u>and</u> grated rind of 1 lemon |
| 1 c. boiling water | 3 eggs (separated) |
| 3/4 c. sugar | 1 baked pastry shell |
| 2 T. flour | 6 T. sugar |

Add butter to boiling water. Stir in sugar, flour, lemon juice and rind. Add beaten egg yolks. Cook until thickened. Pour into pie shell. Beat egg whites until peaks form. Add 6 tablespoons sugar gradually and beat until stiff. Spread meringue over lemon filling. Bake at 350° for 12 to 15 minutes, until golden brown. Yield: 6 servings.

DELICIOUS FRUIT COBBLER

- | | |
|---------------------------------------|----------------------|
| 1 (No. 2) can fruit <u>or</u> berries | 1/2 c. milk |
| 1/2 c. flour | 2 tsp. baking powder |
| 1/2 c. sugar | 1/4 tsp. salt |

Heat fruit in baking dish. Mix remaining ingredients and pour over top of fruit. Bake at 350° for 30 minutes. Yield: 4 servings.

MINCEMEAT (for 2 pies)

Helen Ventress

Homemade mincemeat.

3 c. apples (diced)	1 c. brown sugar
1 c. hamburger	1/2 c. vinegar
1 c. water	1 tsp. cinnamon
1/2 tsp. salt	1/2 tsp. cloves
1 c. raisins	1/2 tsp. nutmeg
1 diced orange	1 T. butter
1/2 tsp. allspice	

Cook meat, water and salt for a few minutes until the meat loses color. Add the remaining ingredients. Simmer for 20 minutes. It is ready for pie making.

SQUASH PIE

2 c. squash	1 tsp. pumpkin pie spices
2 eggs (slightly beaten)	1 1/3 c. Milnot
3/4 c. sugar	1/2 tsp. salt
1 T. flour	1/2 c. milk

Mix well, pour into unbaked pie shell. Bake at 350° for 45 minutes.

CHERRY PIE

3 c. cherries (pitted)	1 T. butter
1 1/2 c. sugar	1/4 tsp. almond extract
3 T. cornstarch	1 baked 9 inch pastry shell
1/2 tsp. salt	

Add 1/2 cup sugar to cherries to form juice. Combine remaining sugar, cornstarch, salt and 3/4 cup cherry juice. Cook until thickened. Add butter and almond extract. Add cherries and pour into pie shell. Bake at 450° for 10 minutes.

CRUMB TOP APPLE PIE

2 cans pie apples	1 c. brown sugar
1/4 c. white sugar	3/4 c. margarine
1 tsp. cinnamon	1/2 tsp. nutmeg
1 1/2 c. flour	1 tsp. cinnamon

Arrange apples in deep baking dish and sprinkle with sugar and one teaspoon of cinnamon. Combine topping ingredients and spread over apples. Bake at 350° for 30 minutes. Serve warm with ice cream. Yield: 6 servings.

COCOA CREAM PIE

3 c. milk	3 T. butter
1/2 c. <u>minus</u> 1 T. cocoa	1 1/2 tsp. vanilla
1 1/4 c. sugar	1 (9 inch) baked pie shell
1/4 tsp. salt	1 c. whipped cream
4 1/2 T. cornstarch	Shaved baking chocolate

Scald milk in the top of a double boiler. Mix dry ingredients together and add to scalded milk. Stir until blended and cook, stirring occasionally, until mixture begins to thicken. Remove from heat; add butter and vanilla, stirring until butter is melted. Cool slightly. Pour into baked pie shell. Chill pie thoroughly. Serve topped with whipped cream and shaved chocolate.

CUSTARD PIE

Rada Fabela
Terlton, OK

3 eggs (slightly beaten)	1 tsp. vanilla
1/2 c. sugar	1/4 tsp. nutmeg
1/2 tsp. salt	1 unbaked 9 inch pie shell
3 c. milk	

Add sugar and salt to egg and blend well. Mix milk and vanilla with egg mixture. Pour into pastry shell and sprinkle with nutmeg. Bake at 425° for 10 minutes. Lower temperature to 350° and continue baking for 25 to 30 minutes.

ICE CREAM PIE

1 pkg. strawberry gelatin	1 c. sliced strawberries
1 1/4 c. hot water	Baked pie shell
1 pt. vanilla <u>or</u> strawberry ice cream	

Dissolve gelatin in hot water; cool until partially set. Cut ice cream into chunks and add; stir in strawberries. Pour into pie shell; chill thoroughly. Serve with whipped cream. Variations of other flavored gelatins and fruits and ice cream may be substituted.

MINCEMEAT PIE

1 pkg. mincemeat	1/4 c. vinegar
1/2 c. cooked raisins	Butter
1/2 c. corned beef	Sugar
1 1/2 c. raisin, apricot, <u>or</u>	1 unbaked pie shell
orange juice	1 top pastry
5 T. sugar	

Combine all ingredients. Pour into pie shell and cover with top pastry. Top crust with bits of butter and sprinkle with sugar. Bake at 350° until golden brown. Yield: 6 servings.

PEACH CREAM PIE

5 fresh peach halves	Butter
5 tsp. sugar	Cinnamon
	1 unbaked 9 inch pie shell

CREAM FILLING:

1 c. sugar	2 T. flour
Pinch of salt	3/4 c. cream

Peel peaches. Place halves in pie shell. Fill each half with a teaspoon of sugar and a small dab of butter. Sprinkle each half lightly with sugar. For filling, mix flour, sugar and salt. Add cream and stir until dry ingredients are dissolved. Pour over peaches and bake at 400° for 15 minutes. Reduce heat to 325° and continue baking for 45 minutes. Cool. Yield: 6 servings.

PISTACHIO-PINEAPPLE PIE

Helen Ventress

1/4 c. butter <u>or</u> oleo (melted)	1 pkg. (4 serving size) pistachio
2 c. Angel Flake coconut	instant pudding mix
1 1/2 c. milk	1 can (8 1/4 oz.) crushed pineapple
1 envelope Dream Whip	

Combine butter and coconut; press in 9 inch pie pan. Bake at 300° for 20 minutes or until golden. Cool. Blend milk, whipped topping mix, and pudding mix in mixer bowl. Gradually increase beating speed and beat at high speed for 5 minutes or until thick. Fold in drained pineapple. Spoon into pie crust. Chill 3 hours. Garnish with toasted coconut.

MOLASSES PIE (1931)

Mother Mae Carter

4 eggs
 1/2 c. sugar
 1 c. molasses

1 T. flour
 2 T. butter
 1/8 tsp. cinnamon flavor

Mix ingredients in order given. Pour into pastry shell.
 Bake in 350° oven for one hour, or until knife inserted in center comes out clean.

PINEAPPLE ICEBOX PIE

1 can sweetened condensed milk
 Few drops yellow coloring
 1 c. crushed pineapple
 (drained)

1/4 c. lemon juice
 Pinch of salt
 1 baked pie shell
 Whipped cream

Empty milk into mixing bowl. Combine coloring, lemon juice, salt and stir until thickened. Add pineapple and mix well. Pour into baked pie shell. Top with whipping cream. Yield: 6 servings.

PINEAPPLE PIE

1 1/2 c. sugar
 2 T. flour
 Dash of salt
 1 stick of butter

1 tsp. vanilla
 1 large can crushed pineapple
 1 unbaked pie shell

Mix all ingredients well and pour into unbaked pie shell.
 Bake at 350° for one hour. Yield: 6 servings.

MY BEST PUMPKIN PIE

Helen Ventress

2 eggs (slightly beaten)
 1 1/2 c. pumpkin
 3/4 c. sugar
 1/2 tsp. salt
 1 tsp. cinnamon

1/2 tsp. ginger
 1/4 tsp. cloves
 1 2/3 c. evaporated milk, light cream
 1 (9 inch) unbaked pastry shell

Mix ingredients in order given. Pour into pastry shell.
 Bake in 350° F. oven, for 1 hour or until knife inserted in center comes out clean.

NEVER-FAIL PUMPKIN PIE

1 1/2 c. pumpkin	1/2 tsp. ginger
2 eggs	1/4 tsp. cloves
2/3 c. sugar	1/4 c. pecans (chopped)
1/4 tsp. salt	1 c. evaporated milk
1/2 tsp. cinnamon	1 unbaked pie shell

Boil pumpkin, eggs, dry ingredients and nuts, adding milk last. Pour mixture into pie shell. Bake at 300° for 40 minutes. Yield: 6 to 8 servings.

PUMPKIN CHIFFON PIE

3 eggs (separated)	1 1/4 tsp. pumpkin pie spice
1 c. sugar	1 T. plain gelatin
1 1/4 c. pumpkin	1/4 c. cold water
1/2 c. milk	1 baked pie shell
1/2 tsp. salt	Whipped cream

Beat egg yolks, add 1/2 cup sugar, pumpkin, milk, salt and spice. Cook in top of double boiler until thickened. Remove from heat. Soak gelatin in cold water and add to hot pumpkin mixture. Cool. Beat egg whites until foamy and add remaining sugar. Beat until stiff. Fold into pumpkin mixture. Pour into pie shell and serve with whipped cream. Yield: 6 servings.

STRAWBERRY PASTRY PIE

1 c. sugar	6 c. strawberries (halved lengthwise)
1/4 c. cornstarch	Whipped cream
1/4 tsp. salt	1 baked 9 inch pastry shell
1 c. water	

Mix sugar, cornstarch, salt, water and 2 cups strawberries. Cook over low heat, stirring constantly, until mixture thickens. Cool slightly. Layer remaining strawberries, cut side down, in circles in pastry shell. Pour strawberry glaze on top. Chill until firm. Top with whipped cream. Yield: 6 to 8 servings.

Let no man presume to give advice to others that has not first given good counsel to himself.

RHUBARB PARFAIT PIE

2 c. rhubarb (diced)	1 pkg. strawberry flavored gelatin
1/2 c. sugar	1 baked 9 inch pastry shell
1/2 c. water	Shredded coconut
1 pt. vanilla ice cream	

Simmer rhubarb, sugar and water for 10 minutes. Dissolve gelatin in hot mixture. Add ice cream and stir until melted. Chill until partially set. Pour into pie shell. Chill until firm. Garnish with shredded coconut. Yield: 6 servings.

DATE PIE

Thelma Greenfield

1/2 c. raisins (simmered)	1 tsp. lemon juice
1 1/2 c. orange juice	Pinch of salt
1/4 c. sugar	2 T. cornstarch
1 1/4 c. dates (chopped)	1 tsp. butter
1/2 c. crushed pineapple (drained)	1 tsp. grated orange
	1/2 c. nuts

Mix 2 teaspoons cornstarch with 1 tablespoon fruit juice, 1 teaspoon butter and 1 teaspoon grated orange. Cook slowly until thickened. Cool. Add 1/2 cup nuts. Put in baked pie shell and add Cool Whip.

GERMAN CHOCOLATE PIE

Delores Adams

(I like this. It's easy too).

1/2 bar (4 oz.) German chocolate	1 c. sugar
1/2 c. butter <u>or</u> oleo	1/4 tsp. salt
1 tsp. vanilla	3 T. flour
3 eggs	1 c. chopped nuts

Melt together chocolate and oleo, using low heat. Cool; add vanilla. In small mixer bowl, combine eggs, sugar, salt and flour. Beat on high speed for about 3 minutes. Fold chocolate mixture into egg mixture; mix in nuts. Pour in greased 9 inch pie pan, bake at 325° for 35 minutes. Refrigerate overnight, serve with whipped topping.

DREAM PIE

1 can cherries (drained)
 1 can crushed pineapple
 1/4 c. flour
 1 1/4 c. sugar

1 pkg. orange flavored gelatin
 6 bananas (chopped)
 2 (9 inch) graham cracker pie
 shells
 1 c. pecans

Cook cherries, pineapple, flour and sugar until thickened. Remove from heat. Add gelatin powder and cool. Add bananas and nuts to mixture. Pour into graham cracker crusts and refrigerate. Yield: two pies.

COCONUT CREAM PIE

1 c. milk
 1 c. light cream
 3 T. flour
 1 T. cornstarch
 1/2 c. sugar

1/4 tsp. salt
 3 egg yolks (slightly beaten)
 1 tsp. vanilla
 1/2 c. coconut
 1 baked pie shell

Scald milk and cream in top of double boiler. Combine flour, cornstarch, sugar, salt and mix thoroughly. Add to scalded milk and cook 15 minutes, stirring constantly. Stir in small amount of mixture into beaten egg yolks; return to double boiler and cook a few minutes longer. Cool and add vanilla and coconut. Pour filling into baked pie shell. Spread meringue lightly on filling and bake at 350° for 12 to 15 minutes or until lightly browned.

MERINGUE:

3 egg whites

6 T. sugar

Beat egg whites for meringue, adding sugar slowly after partially beaten. Continue beating until stiff. Top pie and bake.

PECAN PIE

Helen Ventress
 Terlton, OK

3 eggs (slightly beaten)
 1/2 c. sugar
 1 c. waffle syrup or honey
 1 c. pecan halves

2 T. corn meal
 2 T. butter (melted)
 1/8 tsp. salt
 1 tsp. vanilla
 1 unbaked pie shell

Combine all ingredients and pour into pie shell. Bake at 350° for 40 to 45 minutes. Yield: 6 servings.

PECAN PIE

Mrs. M. D. Gathright
Terlton, OK

1/2 c. sugar	2 T. corn meal
1/4 c. butter <u>or</u> margarine	3 eggs (well beaten)
1 c. light <u>or</u> dark corn syrup	1 c. pecans
1/4 tsp. salt	1 (9 inch) unbaked pastry shell

Cream sugar and butter. Add syrup, salt and beaten eggs. Add corn meal and pecans. Pour into pastry shell and bake at 350° for 1 hour and 10 minutes. Yield: 6 servings.

MASTER MIX PIE CRUST MIX (store in big jar) Helen Ventress

8 c. flour	1 T. salt
2 1/2 c. Crisco	

Mix all ingredinets until completely mixed. Refrigerate in big jar until needed.

For one 2 crusted pie, mix 2 1/2 cups mix with 5 tablespoons water. Roll out for a 9 inch pie pan.

OATMEAL PIE CRUST

2 c. quick oats (uncooked)	1/4 tsp. salt
2 tsp. grated lemon rind	1/4 c. sugar
1/3 c. melted shortening	

Blend the ingredients together. Press the mixture into a 9 inch pie pan. Bake in hot 400° oven for 15 minutes. Cool thoroughly. Fill with favorite cream or chiffon filling. Yields one 9 inch pie.

MY PIE CRUST

Delores Adams

2 c. flour	1 tsp. salt
2/3 c. shortening	6 T. ice cold water

Combine first three ingredients in order as given above. Add water 1 tablespoon at a time. Roll out for a 9 inch pie pan.

It is hard for an empty bag to stand upright.

PEPPERNUTS (old German recipe)

Evelyn Ray

2 c. sugar	1 tsp. nutmeg
2 c. honey	1/2 tsp. allspice
2 c. syrup	1/2 tsp. ginger
1 c. sour cream	1/2 tsp. cloves
2 tsp. soda	1 tsp. cinnamon
1 c. butter (softened)	1/4 tsp. black pepper
1 tsp. salt	Flour

Mix soda into sour cream. Mix all of other ingredients except flour. Add flour and mix until mixture takes up all the flour it can and is very stiff. Pinch off portions of dough and roll into long sticks, about the size of your finger. Let stand in a cold place till hard. Slice "fingers" into chunks and bake in 350° oven until brown. These cookies keep a very long time.

NOTE: Syrup may be used instead of honey, making 4 cups syrup if substitution is made.

ANISE DROPS (old German recipe)

Evelyn Ray

1 lb. box powdered sugar	3 c. flour
5 large eggs <u>or</u> 6 small eggs	5 drops anise oil

Beat whole eggs well with rotary egg beater. Add sugar, two tablespoons at a time, beating thoroughly after each addition. Add flour and anise oil and beat thoroughly again. Drop from a teaspoon into drops the size of a quarter onto waxed paper, allowing about 1 1/2 inches between drops to permit spreading. Let stand in cold place overnight to dry. Bake in a slow oven (300°) until done. The flavor is improved if allowed to ripen a few weeks before eating. Keep in a closed can or box.

The drops make their own frosting, and the longer you keep them, the better they are. NOTE: Cookies may be baked immediately rather than drying overnight, if desired.

NO BAKE ORANGE BALLS

1 lb. vanilla wafers (crushed)	1 (6 oz.) can frozen orange
1/4 lb. margarine (softened)	juice
1 lb. powdered sugar	Coconut

Blend crumbs, butter and powdered sugar. Add orange juice. Form into small balls and roll in coconut. Refrigerate for 12 hours. Yield: 75 to 100 cookies.

COCONUT PUFFS

1/4 c. sugar	1 1/2 c. Bisquick
1 egg (beaten)	1 1/2 c. shredded coconut
1/3 c. milk	Confectioners' sugar
1 tsp. vanilla	

Mix sugar, egg, milk and vanilla. Stir in Bisquick and shredded coconut. Drop by level tablespoons into deep fat which has been heated to 365°. Fry until golden brown or about 3 minutes. Drain on paper towels and dust with confectioners' sugar.

APPLESAUCE COOKIES

1 c. raisins	1 tsp. vanilla
1 c. water	4 c. flour
1 c. shortening	1 T. baking powder
2 c. sugar	1 T. baking soda
3 eggs (beaten)	1 T. cinnamon
1 small can applesauce	1 tsp. salt

Cook raisins in water for 5 minutes. Cream shortening and sugar. Add eggs, raisins, applesauce and vanilla and mix well. Add sifted dry ingredients and mix. Drop by teaspoonfuls on cookie sheet and bake at 350° for 12 to 15 minutes. Yield: 6 dozen.

BANANA-OATMEAL COOKIES

1 1/2 c. flour (sifted)	3/4 c. shortening
1 c. sugar	1 egg (well beaten)
1/2 tsp. baking soda	1 c. mashed ripe bananas
1 tsp. salt	1/2 c. nuts (chopped)
3/4 tsp. cinnamon	1 3/4 c. oatmeal
1/4 tsp. nutmeg	Whole walnuts

Sift dry ingredients. Cut in shortening. Add eggs, bananas, nuts and oatmeal. Beat until thoroughly blended. Drop by teaspoonfuls on an ungreased baking sheet. Top with whole walnuts. Bake at 400° for 12 to 15 minutes. Yield: 3 1/2 dozen.

CARROT COOKIES

Rada Fabela
Terlton, Ok.

3/4 c. shortening	2 c. flour
3/4 c. sugar	1/2 c. coconut <u>or</u> chopped nuts
1 c. cooked carrots (mashed)	1/2 tsp. salt
1 tsp. vanilla	1 egg
2 tsp. baking powder	

Combine ingredients; drop by spoonfuls onto cookie sheet and bake at 350° until golden brown.

ICING:

Grated rind <u>and</u> juice of half	1 T. butter (melted)
an orange	Powdered sugar

Combine ingredients; spread over warm cookies.

OATMEAL CRISPIES

1 c. shortening	1 3/4 c. flour
1 c. white sugar	1 tsp. soda
1 c. brown sugar	1 tsp. salt
2 eggs (beaten)	3 c. quick cooking oatmeal
1 tsp. vanilla	1/2 c. nuts (chopped)

Cream shortening and sugar. Beat in eggs and vanilla. Add flour which has been sifted with salt and soda. Add oatmeal and chopped nuts; mix. Roll dough and chill. Slice and bake 10 minutes in a 350° oven. NOTE: Dough will keep for 2 weeks or longer in refrigerator. Yield: 100 cookies.

PEANUT BUTTER COOKIES

1 c. peanut butter	2 eggs
1 c. shortening	2 tsp. vanilla
1 c. brown sugar	1 tsp. soda
1 c. white sugar	2 1/2 c. flour

Combine ingredients and mix well. Drop by teaspoonfuls onto a slightly greased baking sheet and press flat with a fork. Bake in a moderate oven 375° until a light brown. Yield: 4 dozen.

SPECIAL K COOKIES

1 c. white corn syrup	1 (12 oz.) jar crunchy peanut butter
1 c. granulated sugar	
1/2 c. brown sugar	5 c. Sprcial K cereal

Combine syrup and sugars; bring to a boil. Remove from heat. Stir in peanut butter until well blended. Stir in Special K. Drop from teaspoon onto waxed paper.

SUGAR COOKIES

1/2 c. butter
 1 c. sugar
 1/4 tsp. salt
 1 tsp. vanilla

2 eggs (beaten)
 2 T. milk
 2 c. flour (sifted)
 1 1/2 tsp. baking powder

Cream shortening; blend in sugar, salt and vanilla. Beat in eggs; add milk. Sift flour and baking powder together; add to sugar mixture. Work until dough is soft; roll out 1/4 inch thick. Cut with cookie cutter and bake at 350° until golden brown.

SKILLET COOKIES

2 eggs
 1 c. dates (chopped)
 1 c. sugar
 2 T. butter

1/2 c. pecans
 2 c. Rice Krispies
 1 tsp. vanilla
 2 c. coconut

Combine eggs, dates, sugar and butter in skillet. Cook over low heat about 10 minutes or until thickened. Remove from heat; add pecans, Rice Krispies and vanilla. Let cool. Shape into balls and roll in coconut. Yield: 35 cookies.

FAYE'S NO-BAKE COOKIES

Virginia Favaro

1 c. white syrup
 1 c. sugar
 1 medium size bag butterscotch morsels

1 1/2 c. peanut butter
 5 c. Post Toasties

Mix syrup and sugar in saucepan. Bring to rolling boil, and boil for one minute. Add butterscotch morsels and peanut butter. Mix well. Pour over Post Toasties. Spread on buttered cookie sheet. Cool and cut in squares.

QUICK COOKIES

Virginia Favaro

1 box yellow cake mix
 1/2 c. flour
 2 eggs

3/4 c. cooking oil
 Chopped nuts, coconut, dates or
 whatever additions you like

Mix together ingredients, adding one or more of nuts or coconut or dried fruits (be creative). Roll into balls. Place on lightly greased baking sheet and bake at 350° for 12 to 15 minutes.

JIFFY PEANUT BUTTER COOKIES

Virginia Favaro

- | | |
|---------------------------------|------------|
| 1 c. chunky style peanut butter | 2 eggs |
| 1/2 c. margarine | 2 T. water |
| 1 (1 lb.) box yellow cake mix | |

In large mixer bowl, cut peanut butter and margarine into dry cake mix. Blend on low speed. Add eggs and water; mix well. Using one tablespoon of dough for each cookie, shape into balls. Place on ungreased cookie sheet and flatten each cookie with bottom of a glass dipped in sugar or mash with fork dipped in flour. Bake at 350° for 15 minutes. Yield: 4 1/2 dozen.

BETTYE'S OATMEAL COOKIES

Virginia Favaro

- | | |
|------------------|----------------------|
| 1 c. brown sugar | 2 c. flour |
| 1 c. white sugar | 1 tsp. soda |
| 1 c. shortening | 1/2 tsp. salt |
| 2 eggs | 1 tsp. baking powder |
| 1 tsp. vanilla | 1 c. coconut |
| | 2 c. oatmeal |

Combine sugars, shortening, eggs and vanilla. Mix well. Add flour sifted with soda, salt and baking powder. Mix well. Add coconut and oatmeal and blend. Roll mixture into small balls and roll in white sugar. Place on a lightly greased baking sheet and mash with a fork. Bake in 350° oven until golden brown.

EASY PARTY COOKIES

Connie Favaro

- | | |
|-------------------------|------------------------------|
| 1 c. shortening | 2 1/4 c. sifted flour |
| 1 c. brown sugar | 1 tsp. soda |
| 1/2 c. granulated sugar | 1 tsp. salt |
| 2 tsp. vanilla | 1 c. M & M's plain chocolate |
| 2 eggs | candies |

Blend shortening and sugars. Beat in vanilla and eggs. Sift remaining dry ingredients together; add to the sugar and egg mixture. Mix well. Stir in M & M's candies. Drop from teaspoon onto ungreased cookie sheet. Bake at 375° for 10 to 12 minutes until golden brown.

Beauty, without virtue, is like a flower without perfume.

ANGEL COOKIES

Belva Ballinger

- | | |
|-------------------|--------------------------------------|
| 2 c. shortening | 2 tsp. soda |
| 1 c. brown sugar | 2 tsp. cream of tartar |
| 1 c. white sugar | 1/2 tsp. vanilla |
| 4 c. sifted flour | Nuts <u>and</u> coconut (as desired) |
| 2 eggs | |

Cream shortening with sugar, add eggs and beat. Sift flour, soda, cream of tartar and salt together. Add to creamed mixture. Add nuts and coconut and vanilla. Shape in balls the size of small walnut. Dip half of each ball in cold water, then into bowl of sugar. Place on greased cookie pan with sugared side up. Bake 300° for about 12 minutes. These freeze well in airtight container.

SNICKERDOODLES

Roda Fabela

- | | |
|----------------------|------------------------|
| 1 c. soft shortening | 2 3/4 c. sifted flour |
| 1 1/2 c. sugar | 2 tsp. cream of tartar |
| 2 eggs | 1 tsp. soda |
| | 1 tsp. salt |

Mix shortening, sugar and eggs together thoroughly. Sift dry ingredients together and stir into shortening mixture. Chill dough. Form into balls the size of small walnuts and roll in mixture of: 2 tablespoons sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased baking sheet. Bake until lightly browned but still soft at 400° 8 to 10 minutes. Makes 5 dozen.

BROWNIES

Roda Fabela

- | | |
|------------------|--------------------------|
| 4 eggs | 3/4 c. melted shortening |
| 1 c. brown sugar | 1 c. pecans (to taste) |
| 1 c. white sugar | 1 tsp. vanilla |
| 1 3/4 c. flour | 1/4 tsp. baking powder |
| 1/2 c. cocoa | |

Beat eggs well and add sugars. Mix in flour, baking powder and cocoa gradually, then add melted shortening and mix well. Add pecans and vanilla. Pour in greased cookie sheet. Bake at 350° until a toothpick comes out clean, (about 15 to 20 minutes. Do not over bake).

GOLDEN BARS

Myra Jean Sparks

1 c. shortening (scant)	2 1/4 c. flour
2 c. brown sugar	2 tsp. baking powder
1 c. white sugar	1/2 tsp. salt
3 eggs (well beaten)	1 c. chopped nuts
1 1/2 tsp. vanilla	

Melt shortening in saucepan in which batter is to be mixed. Remove from heat, let cool a few minutes and stir in remaining ingredients. Spread into 13x9x1 inch pan. Bake at 350° for 35 minutes.

BUTTERSCOTCH BROWNIES

Lucille Hickson

1/4 c. butter <u>or</u> shortening	1 tsp. baking powder
1 c. brown sugar	1/8 tsp. salt
1 egg	1/2 tsp. vanilla
1/2 c. flour	1/2 c. chopped nuts

Melt butter over low heat, remove, add sugar and blend well. Add egg. Mix. Sift flour, baking powder and salt together, then add to mixture. Mix well. Add vanilla and nuts and mix. Put mixture into greased and floured 8x8x2 inch pan. Bake at 350° for 20 to 25 minutes. Cut while still warm.

NOTE: I usually double this recipe.

ALBINO (VANILLA) BROWNIES

Virginia Favaro

Terlton, OK

1 c. sugar	1/2 c. flour
1/3 c. shortening	1/2 tsp. salt
2 eggs (beaten)	1/2 tsp. baking powder
1 tsp. vanilla	1 c. chopped pecans <u>or</u> walnuts

Cream together sugar and shortening. Add eggs and vanilla and mix thoroughly. Add dry ingredients sifted together and stir in nuts. Spread in an 8x8x2 inch greased pan. Bake for 25 to 30 minutes in a 350° oven. Top should be dry and flat when done. Cool and cut in squares.

Never put off till tomorrow what you can do today.

POOR MAN'S COOKIES

Mary Hecox
Terlton, OK

1 c. raisins	1 tsp. cinnamon
1 1/4 c. water	1 tsp. nutmeg
1/4 c. shortening	1 c. sugar
1 tsp. vanilla	1 tsp. soda
1 egg (beaten)	1/2 tsp. salt
2 c. flour	1 c. nuts (chopped)

Cook raisins, water and shortening together for 10 to 15 minutes. Add vanilla and cool. Add remaining ingredients to cooled mixture and mix well. Spread on greased cookie sheet and bake at 375° for 18 to 20 minutes. Cool and cut into squares. Yield: 1 dozen bars.

BROWNIES

Delores Adams

1 1/2 c. flour	2 sticks oleo (1 cup)
1 tsp. baking powder	4 eggs
1 tsp. salt	2 tsp. vanilla
2 c. sugar	1 c. pecans
6 T. cocoa	

Mix first 5 ingredients together. Cream together eggs and butter, sugar and vanilla. Combine all ingredients and beat. Pour in 13x9 inch greased pan and bake 350° for 25 to 30 minutes.

ADDITIONAL RECIPES

BREADS



BREADS



BREADS

MASTER MIX BISCUIT AND PANCAKES

This is a new mix. Try it. It is to help us save on food.

5 lbs. all-purpose flour	1 T. cream of tartar
3/4 c. double acting baking powder	1/2 c. sugar
3 T. salt	2 lbs. Crisco shortening (4 c. equals 2 lbs.)

Sift and measure 5 pounds flour. Stir in 3/4 cup baking powder, 3 tablespoons salt, 1 tablespoon cream of tartar and 1/2 cup sugar. SIFT the dry ingredients 3 times. Cut in 2 pounds shortening (four cups equals two pounds) until mixture reaches a corn meal consistency. The shortening should be the type that requires no refrigeration. Store at room temperature.

Biscuits can be made by: 3/4 cup milk to 3 cups of mix. Just use more milk to mix for pancakes.

BASIC YEAST BREAD

Helen Ventress

1 c. water	1/4 c. warm water
1 c. Milnot	2 tsp. salt
1/2 c. sugar	1/2 c. shortening
2 pkgs. dry yeast (or 1 will do)	4 1/2 to 5 c. sifted flour

Dissolve yeast in the 1/4 cup water, then add sugar, salt (all in a large mixing bowl). Add 2 1/2 cups sifted flour and shortening. Beat smooth and bubbles break on surface. Gradually stir in the remaining flour. Keep the dough soft. Knead until smooth and elastic.

Roll dough around in greased bowl to grease the surface. Let rise until double in size, one hour. Punch down and make into biscuits, let rise again. Bake at 350° until brown. Let rise until double in size. It takes 1 hour each time.

CORN BREAD WAFFLES

1 1/2 c. corn meal	4 tsp. baking powder
1 c. flour	2 eggs (beaten)
1 1/2 tsp. salt	1 1/4 c. milk
1/4 c. sugar	1/2 c. shortening (melted)

Combine sifted dry ingredients with eggs, milk and shortening. Bake in waffle iron. Yield: 4 to 5 servings.

ANGEL BISCUITS (hot yeast rolls)

Helen Ventress

(Will keep in the refrigerator for 2 or 3 days).

1 pkg. dry yeast	1 tsp. salt
1 c. buttermilk	1 tsp. baking powder
1/4 c. warm water	2 1/2 c. flour (can use 1/2 c.
1/4 c. sugar	whole wheat)
1/2 c. shortening	1/2 tsp. baking soda

Dissolve the yeast in the warm water, milk and sugar. Sift together the flour, soda and salt. Cut in the shortening, put in yeast mixture and stir until the ingredients are moist. Blend thoroughly and the dough is ready to be made into biscuits or refrigerated in a large bowl. Cover. Best to let rise 1 hour before making out the biscuits. After you make the biscuits, place on greased baking pan and let rise, covered, about an hour. Bake in preheated oven at 350° for 12 or 15 minutes.

MASTER MIX BISCUIT MIX (store in canister)

8 c. plain flour (2 lb. bag)	4 T. baking powder
4 tsp. salt	1 c. shortening

Sift flour, baking powder and salt together. Add the shortening and mix with pastry blender (looks like Bisquick when mixed). Store in canister. Keeps 4 to 6 months in the refrigerator.

To make biscuits, put 2 cups mix in a bowl. Add 3/4 cup milk--must hold together. Knead on board. Press and cut into squares with knife, (makes the job easier). Bake 10 to 12 minutes at 450° F.

SODA BISCUITS

Helen Carter Ventress

2 c. flour	1/4 c. shortening
1 tsp. salt	3/4 c. buttermilk
2 tsp. baking powder	1 T. butter <u>or</u> margarine (melted)
1/2 tsp. soda	(optional)

In large bowl, mix flour, salt, baking powder and soda. With pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. Stir in buttermilk all at once just until dough clings together. Knead on lightly floured surface a few times. Roll out 1/2 inch thick; cut with 2 1/2 inch round cutter. Place about 1 inch apart on cookie sheet and brush with butter. Bake in preheated 450° oven 12 to 14 min. or until golden brown. Makes about 12. Baking powder variation: prepare as above, but omit baking soda. Increase baking powder to 3 tsp. Use sweet milk instead of buttermilk.

BISCUITS SUPREME

2 c. sifted flour	2 tsp. sugar
4 tsp. baking powder	1/2 c. shortening
1/2 tsp. salt	2/3 c. milk
1/2 tsp. cream of tartar	

Sift together dry ingredients; cut in shortening until crumbly. Add milk all at once; stir only until dough follows fork. Roll out on floured board; cut with biscuit cutter. Bake at 400° until golden brown. Yield: 10 servings.

BISCUITS

2 c. sifted flour	1/3 c. shortening
2 tsp. baking powder	3/4 c. milk
3/4 tsp. salt	

Sift flour, baking powder and salt together; cut or rub in shortening until well blended. Slowly add enough milk to make dough soft but not sticky. Knead on a lightly floured board; roll or pat to 3/4 inch thickness. Cut with a biscuit cutter; bake at 450° 15 minutes.

SURPRISE PANCAKES

1/3 c. olive oil	4 tsp. baking powder
1/3 c. milk	1 tsp. salt
2 eggs (well beaten)	2 T. brown sugar
2 c. beer	1/4 tsp. nutmeg
3 c. flour	

Combine oil, milk, eggs and beer. Sift dry ingredients and add to liquids. Bake on hot griddle and serve with butter and tart jelly or syrup. Pancakes will be crunchy around edges and tender in the center. Yield: 6 to 8 servings.

PANCAKES DELICIOUS

4 egg yolks	2 tsp. baking powder
1/4 tsp. baking soda	4 egg whites (stiffly beaten)
1 c. buttermilk	2 T. cooking oil
3/4 c. flour (sifted)	

Beat egg yolks with baking soda; add buttermilk and continue beating. Add flour and baking powder. Fold in egg whites and oil. Allow to set for a few minutes, then bake on lightly greased hot griddle. Yield: 4 servings.

POTATO PANCAKES (from Germany)

2 medium potatoes	2 T. flour
2 yellow onions	Salt <u>and</u> pepper (to taste)
1 egg	

Grate raw potatoes and onions in mixing bowl; stir in egg, flour and seasonings. Mix thoroughly. Drop by spoonfuls on heavily greased, hot frying pan. Fry until crisp and brown. May eat plain or serve with favorite syrup or jelly. Yield: 4 to 6 servings.

OATMEAL WAFFLES

1 c. whole wheat flour	1/2 tsp. salt
1/2 c. quick cooking oatmeal	2 eggs (beaten)
1/2 c. wheat germ	1 1/4 c. milk
1 T. brown sugar	6 T. shortening (melted)
3 tsp. baking powder	

Combine dry ingredients; add to eggs, milk and shortening. Blend well. Bake in waffle iron until golden brown. Yield: 4 servings.

CORN BREAD

Helen Carter Ventress

1 c. corn meal	2 eggs
1 c. flour	1 1/2 tsp. salt
4 tsp. baking powder	3 T. drippings <u>or</u> shortening
1 T. sugar (optional)	1 1/2 c. milk

Mix corn meal, flour, baking powder, sugar and salt. Beat eggs, and add milk and stir into corn meal mixture. Heat fat in 9x9x2 inch baking pan in preheated 425° oven until hot. Tilt pan to coat with fat, then pour batter into pan and bake 25 minutes or until bread pulls away from sides of pan. Cut in squares and serve hot with butter. Makes 9 servings.

No Flour Corn Bread: prepare corn bread as above, using 2 cups corn meal and omitting flour. Substitute 1 teaspoon baking soda for the baking powder and 2 cups buttermilk for the milk.

CORN MEAL LIGHT BREAD

1 3/4 c. corn meal	2 T. shortening
1/2 c. flour	1/2 tsp. soda
1/2 c. sugar	1 3/4 c. buttermilk

Combine ingredients; pour into pan. Bake at 350° for 40 minutes.

INDIAN SQUAW BREAD

1 c. water
1 tsp. salt

4 tsp. baking powder
Flour

Combine water, salt and baking powder with enough flour to make up biscuit dough consistency. Knead a few minutes and roll 1/2 inch thick. Cut into squares or triangles and fry in deep fat. Yield: 6 servings.

MEXICAN SPOON BREAD

1 (No. 303) can cream style
corn

1 1/2 c. grated cheese
1 c. corn meal

1/2 c. melted shortening

1 tsp. salt

2 eggs (beaten)

1/2 c. milk

1 small can green chili (chopped)

Combine all ingredients; mix well. Bake in a 9x13 inch pan for 45 minutes at 400°. Yield: 8 to 12 servings.

JALAPENO CORN BREAD

Delores Adams

1 c. corn meal

1 egg

1 c. flour

1/2 c. milk

4 tsp. baking powder

1 small can cream style corn

1 T. sugar

1/4 c. jalapeno peppers

1/2 tsp. salt

1/4 c. Crisco oil

Mix all ingredients. Bake 425° for 20 minutes.

HONEY CORN BREAD

Ruth H. Moore

1 c. dry milk

2 T. dry yeast

2 1/2 c. water

1/2 c. honey

1/4 c. butter or oleo

1 T. salt

2/3 c. corn meal

5 or 6 c. flour

Combine and bring to a boil first three ingredients, stirring constantly. When mixture reaches boiling point, turn off heat. Slowly add corn meal. Continue stirring until mixture thickens, and then cool to lukewarm. Add dry yeast and honey. Mix very well and allow to stand a few minutes. Then add 1 tablespoon salt and 1 cup flour. Beat two minutes and then add additional flour to knead. Knead approximately 10 minutes. Allow dough to double in volume. Punch down. Shape into 2 loaves. Bake at 350° for 45 minutes. Brush with melted butter after removing from pans.

YEAST ROLLS

1 pkg. active dry yeast	1/4 c. shortening
1/4 c. warm water	1 tsp. salt
1 c. milk (scalded)	3 1/2 c. sifted all-purpose flour
1/4 c. sugar	1 egg

Soften the yeast in warm water (110°). Combine milk, sugar, shortening and salt. Cool to lukewarm. Add 1 1/2 cups flour and beat well. Beat in yeast and egg. Gradually add the remaining flour to form soft dough, beating well. Place in greased bowl, turning once to grease the surface. Cover and let rise until double (1 1/2 to 2 hours). Turn out on lightly floured surface and shape as desired. Cover and let shaped rolls rise until double (30 to 45 minutes). Bake at 350° until brown and rub butter on top.

HOT ROLLS

2 c. warm water	1/2 c. warm water
1/2 c. shortening	2 eggs (beaten)
1 T. salt	6 to 7 c. flour
1/4 c. sugar	Butter (melted)
2 pkgs. yeast	

Add 2 cups warm water to shortening, salt and sugar; stir until sugar is dissolved. Add yeast softened in 1/2 cup warm water. Stir in eggs and flour; mix until smooth. Cover and store in refrigerator for 2 hours. Knead dough on floured board and press into shape. Cut as desired, brush with butter and bake for 15 to 20 minutes at 425°.

QUICK HOT ROLLS

1/4 c. warm water	1/2 tsp. baking soda
1 cake yeast	1/4 c. shortening (softened)
1 c. buttermilk (lukewarm)	2 eggs
1/4 c. sugar	4 to 4 1/2 c. flour (sifted)
1 1/2 tsp. salt	

Soak yeast in water for 5 minutes. Combine buttermilk, sugar, salt, soda, shortening, eggs and yeast mixture; add half of flour. Beat 2 minutes. Stir in remaining flour to make a soft dough. Knead until smooth and elastic. Shape into rolls; cover and let rise until light. Bake at 375° for 15 to 20 minutes. Yield: 18 rolls.

OLD-FASHIONED ROLLS

1/4 c. warm water	2 tsp. salt
1 pkg. dry yeast	1 T. shortening
4 T. instant potatoes	5 c. flour
1 1/2 T. sugar	

Dissolve yeast in warm water and add to potatoes mixed with 2 cups water. Add sugar, salt, shortening and flour, stir thoroughly. Place on floured board and knead until smooth and elastic. Place in greased bowl and grease top of dough. Cover and let rise until double in bulk. Punch down, let rise and punch down again. Shape into rolls and bake at 450° for 30 minutes. Yield: 2 dozen rolls.

QUICK LIGHT ROLLS

2 c. milk (scalded)	1 pkg. dry yeast
2 T. shortening	1/2 c. warm water
3 T. sugar	2 eggs
1 tsp. salt	3 to 4 c. flour

Add milk to 2 tablespoons sugar, shortening and salt; cool. Dissolve yeast in warm water and add remaining sugar. Add to milk mixture. Stir in eggs and enough flour to make dough soft, but not sticky. Allow to rise until double in size. Roll to 1/2 inch thickness on floured board. Cut in triangles and roll. Place on baking sheet and let rise. Bake at 350° for 15 to 20 minutes. Yield: 2 dozen rolls.

CRUSTY POPPY SEED ROLLS

2 pkgs. dry yeast	6 1/2 to 7 c. flour
1 3/4 c. warm water	3 egg whites (stiffly beaten)
4 tsp. sugar	Poppy seeds
2 tsp. salt	Coarse salt
2 T. shortening (melted)	

Add yeast to warm water; let stand 5 minutes. Add sugar, salt, shortening and 2 cups flour; beat well. Add egg whites and remaining flour; mix until dough leaves side of bowl. Let rise and form into French rolls. Brush tops with egg whites and sprinkle with poppy seeds and coarse salt. Let rise, then bake at 425° until brown. Yield: 2 dozen rolls.

PARKER HOUSE ROLLS

2 cakes yeast	1 tsp. (heaping) salt
2 c. warm milk	3 eggs
1/2 c. sugar	5 c. flour
1/2 c. butter	

Dissolve yeast in warm milk; add sugar, butter, salt and eggs. Mix well; add enough flour to make a medium dough. Let rise until doubled; knead and let rise again. Shape into rolls; bake at 425° for 20 minutes.

CRUSTY COTTAGE BREAD

1 cake yeast	3/4 c. cottage cheese
2 c. warm water	6 1/2 to 7 1/2 c. flour
1/2 c. sugar	2 tsp. salt
1/4 c. salad oil	Butter

Dissolve yeast in water. Add sugar, salt, salad oil and heated cottage cheese to yeast mixture. Add one half of flour and beat 3 minutes. Add remaining flour and mix well with hands. Turn onto floured board and knead until smooth. Set to rise in oiled bowl. When double in bulk, form into two loaves. Let rise again and bake at 350° for 45 minutes to one hour. Remove to cooling rack. Butter crust well and salt while butter is melting. May use onion or garlic salt if desired. Yield: 2 loaves.

BUTTERMILK ROLLS

1 cake yeast	1/4 tsp. soda
2 T. lukewarm water	1 tsp. baking powder
1 c. thick buttermilk	3/4 tsp. salt
1 T. shortening	2 1/2 c. flour
2 tsp. sugar	

Dissolve yeast in warm water; add buttermilk and shortening. Sift dry ingredients together; add yeast mixture. Mix well; roll out and cut with biscuit cutter. Let rise; bake at 375° until golden brown. Yield: 8 to 12 servings.

EASY ROLL RECIPE

2 cakes yeast	2 1/2 c. milk (scalded)
3 T. sugar	2 eggs (beaten)
3 T. butter	1 tsp. salt
3 T. shortening	5 c. flour

Continued Next Page.

EASY ROLL RECIPE (Continued).

Mash yeast cakes with sugar, butter and shortening. When milk has cooled to lukewarm, add eggs, yeast, salt and flour. Cover and let rise 1 hour. Punch down and let rise for another hour. Place dough on floured board and roll out to make 60 Parker House rolls. Place in greased pan and bake for 20 minutes at 425°.

FRIED BREAD

1 c. milk or Milnot
5 T. sugar
1 T. salt
1 pkg. dry yeast

1 c. lukewarm water
6 c. sifted flour
6 T. melted shortening

Scald milk; add sugar and salt and cool to lukewarm. Dissolve yeast in lukewarm water; add to milk. Add 3 cups flour; beat until smooth. Add melted shortening and remaining flour; mix well. Roll out on floured board to 1/4 inch thick; cut into 3 inch squares. Brown dough in hot grease, turning once. Unused portion may be kept in refrigerator. Yield: 3 dozen.

RAISED DOUGHNUTS

1 1/4 c. milk (scalded)	3 eggs
1/4 c. shortening	3/4 c. sugar
1/2 tsp. salt	1 1/2 tsp. cinnamon
1 cake yeast	1/4 tsp. nutmeg
5 c. sifted flour	1/8 tsp. mace

Combine milk, shortening and salt; cool to lukewarm. Add crumbled yeast; let stand 5 minutes. Add 2 1/2 cups flour; beat until smooth. Cover and let rise until bubbly. Add eggs and sugar mixed with spices; mix well. Add enough of remaining flour to make dough easy to handle; knead until smooth. Cover and let rise until doubled in bulk. Roll out to 1/2 inch thickness; cut with doughnut cutter. Let rise until doubled in bulk. Fry in deep fat heated to 375° for 3 minutes, turning once. Yield: 3 dozen.

CINNAMON PECAN ROLLS

H. Ventress

I got this in cookbook years ago.

1 c. milk (scalded)
1 pkg. yeast
6 T. shortening
1/4 c. sugar

1 beaten egg
3 c. sifted flour (about)
2 T. butter or oleo

HAVE READY FOR LATER:

Melted butter or oleo

1/2 c. sugar

1/2 c. brown sugar (packed)

2 tsp. cinnamon (mix with both
sugars)

1 1/2 c. pecans

WILL NEED CARAMEL SYRUP:

1 c. corn syrup

1 c. brown sugar

Heat slowly.

1/4 c. oleo

Put warm milk in large mixing bowl. Add yeast, beaten egg, sugar, salt and 1 cup flour. Beat all until mixed good. Then add shortening and 2 tablespoons butter and enough flour (2 cups) to make soft dough. Knead until smooth and elastic on lightly floured cloth or board. Place in greased bowl; cover. Let rise until doubled.

Then divide dough in half; roll each into a flat sheet about 1/4 inch thick. Brush with butter. Sprinkle each piece of dough with half of mixture. (Mix 1/2 cup sugar, 1/2 cup brown sugar and 2 tsp. cinnamon). Roll like jelly roll, cut into 1 inch slices.

Spread grease on 9x9 inch pans and add caramel syrup and (to make syrup, mix together 1 cup corn syrup, 1 cup brown sugar, 1/4 cup oleo; heat slowly until all is melted), 1 1/2 cups pecans before you put rolls in pans. Cover with cloth and let rise until doubled. Bake in 350° oven for 12 to 15 minutes, or until done.

Remove from oven, flip over pans at once. Let pans stand over rolls a minute, so syrup drains onto them. Muffin pans are nice to bake in. Drop, cut side down, in greased muffin pans containing about 1 tablespoon caramel syrup and 4 or 5 pecans.

RAISED DOUGHNUTS

Helen Ventress

(Or this yeast dough will make good cinnamon rolls).

- | | |
|-----------------------|----------------------|
| 1 pkg. dry yeast | 1 c. mashed potatoes |
| 1/2 c. lukewarm water | 1 c. Milnot |
| 2/3 c. Crisco | 2 eggs |
| 1 tsp. salt | 6 to 8 c. flour |
| 1/2 c. sugar | |

Mix the potatoes, shortening, sugar, salt and eggs. Cream well. Dissolve yeast in warm water, add to lukewarm milk. Add to potato mixture. Add the sifted flour to make a stiff dough. Put on floured board and knead well. Let rise, then roll and cut (may be kept in the refrigerator overnight). Fry in Crisco at 350° until light brown and turn over. Glaze while hot.

GLAZE:

- | | |
|----------------------|----------------|
| 1 box powdered sugar | 1 tsp. vanilla |
| 1/2 c. water | |
| Mix. | |

DOUGHNUTS

Helen Ventress
Terlton, OK

- | | |
|-----------------|--------------------------|
| 1 c. sugar | 1 T. butter (melted) |
| 1 c. sweet milk | 2 1/2 tsp. baking powder |
| 2 eggs | 1 tsp. nutmeg |
| Pinch of salt | 5 c. flour |

Combine sugar, milk, egg, salt, butter, baking powder and nutmeg; mix well. Add enough flour to make a soft dough; roll out and cut with doughnut cutter. Fry in shortening until golden brown.

SOPAIPILLAS (New Mexican Bread)

- | | |
|--------------------|-----------------|
| 3 c. flour | 1/2 tsp. salt |
| 1 T. baking powder | 1 T. shortening |

Sift dry ingredients and cut in shortening until mixture is fine. Add enough water to make a stiff dough and stir until blended. Roll dough 1/8 inch thick on lightly floured board; cut into squares with a knife. Fry in hot fat at 450° until puffy and golden brown. Drain on paper towel and serve piping hot either plain or with honey. Yield: 6 to 8 servings.

PUMPKIN BREAD

Virginia Favaro
Terlton, OK

3 1/3 c. flour	1/2 c. chopped nuts
2 tsp. soda	4 eggs
1/2 tsp. salt	1 c. cooking oil
1 tsp. cinnamon	1/3 c. water
3 c. sugar	1 (No. 303) pumpkin (2 cups)
1/2 c. chopped dates	

Combine dry ingredients; dredge dates and nuts in flour mixture. Beat eggs well, and add to flour mixture with cooking oil, water and pumpkin. Mix well. Pour batter into two greased and floured 9 1/2 x 5 1/2 x 2 3/4 inch loaf pans. Bake in 350° oven for 1 1/4 hours.

COFFEE CAKE

2 cakes yeast	2 egg yolks
1/2 c. warm water	6 c. flour
2 c. warm milk	Melted margarine
1/2 c. sugar	Sugar
2 tsp. salt	Cinnamon
1 stick margarine	

Dissolve yeast in warm water. Add sugar and salt to milk; stir until dissolved. Add margarine, yeast, eggs and flour; beat well. Knead until dough is stiff and smooth; let rise until doubled. Roll out to 1/4 inch thick; cut with a biscuit cutter. Dip each piece in melted margarine and in a mixture of sugar and cinnamon. Stand on edge in greased tube pan; let rise until doubled. Bake at 350° 45 minutes or until golden brown.

ORANGE-NUT BREAD

2 c. flour	2/3 c. orange marmalade (heated)
1 3/4 tsp. baking powder	1 T. butter
1/4 tsp. baking soda	1 c. orange juice
1/2 tsp. salt	1 egg (well beaten)
1/2 c. pecans (chopped)	

Sift dry ingredients; add nuts. Heat marmalade; add butter and stir until melted. Remove from heat and add orange juice and egg. Add warm orange mixture to dry ingredients; mix just enough to moisten. Batter should be lumpy. Turn into greased loaf pan and bake at 325° for 1 hour and 15 minutes. Do NOT slice for 24 hours. Yield: 15 servings.

CRANBERRY BREAD

2 c. flour
 1 c. sugar
 1 1/2 tsp. baking powder
 1/2 tsp. soda
 1 tsp. salt
 1/4 c. shortening.

3/4 c. orange juice
 1 T. grated orange rind
 1 egg (well beaten)
 1/2 to 1 c. chopped nuts
 1 to 2 c. cranberries

Sift dry ingredients together; cut in shortening until mixture is like coarse meal. Combine orange juice, grated rind and egg. Add to dry ingredients, mixing just until dampened. Fold in nuts and cranberries. Bake in a greased loaf pan for 1 hour or until toothpick inserted in center comes out clean.

CARROT BREAD

3/4 c. salad oil
 1 c. sugar
 2 eggs
 1 c. grated raw carrots
 1 1/2 c. flour

1 tsp. baking powder
 1 tsp. salt
 1 tsp. cinnamon
 1/2 c. chopped nuts

Beat salad oil, sugar and eggs until light. Add sifted dry ingredients, carrots and nuts. Blend well. Bake at 350° for about 1 hour.

BANANA-NUT BREAD

1/2 c. margarine
 1 c. sugar
 2 eggs (beaten)
 3 large bananas (mashed)
 2 c. flour

1 tsp. baking soda
 1/2 tsp. salt
 2 T. sour milk
 1/3 c. chopped nuts

Cream margarine and sugar; add eggs. Add bananas and sifted dry ingredients alternately with sour milk. Stir in nuts and pour into greased loaf pan. Bake at 350° for 1 hour.

SALADS



200000



SALADS

MARSHMALLOW-CHEESE SALAD

- | | |
|-------------------------------|----------------------------------|
| 1 pkg. orange gelatin | 12 maraschino cherries (chopped) |
| 1 1/2 c. boiling water | 1 (8 1/2 oz.) can crushed |
| 1 T. salad dressing | pineapple |
| 2 c. cottage cheese <u>or</u> | 1/2 c. chopped nuts |
| shredded American cheese | 1 c. whipping cream (whipped) |
| 1 1/2 c. small marshmallows | |

Dissolve gelatin in boiling water. Chill until partially set. Add salad dressing, cheese, marshmallows, cherries, crushed pineapple and nuts. Fold in whipped cream. Chill until firm. Top with cherries and serve on lettuce leaf. Yield: 8 servings.

TUBILA SALAD

Helen Ventress

- | | |
|----------------------------------|----------------------------|
| 2 c. cracked wheat | 1/2 can frozen lemon juice |
| 2 bunches parsley (finely | 1 1/4 c. salad oil |
| chopped) | 1 tsp. salt |
| 1 medium onion <u>or</u> 3 green | 1 tsp. pepper |
| onions (chopped) | 2 lbs. tomatoes (diced) |

Mix all ingredients; let set until wheat is tender, about 1 hour. Yield: 12 servings.

DREAM SALAD

Helen Ventress

- | | |
|----------------------------------|-----------------------------|
| 1 c. pineapple tidbits (drained) | 1 c. shredded coconut |
| 1 c. fruit cocktail (drained) | 1 c. miniature marshmallows |
| 1 c. mandarin oranges (drained) | 1/2 pt. sour cream |

Combine all ingredients and chill for 12 hours before serving. Yield: 6 servings.

PEAR SALAD

- | | |
|-----------------------------|---------------------------------|
| 1 pkg. lime gelatin | 1 (No. 2 1/2) can pears (diced) |
| 1 3/4 c. pear juice | 1/2 c. chopped pecans |
| 1 pkg. (3 oz.) cream cheese | 1 pkg. dessert topping mix |

Bring pear juice to boil and pour over gelatin to dissolve. Add cream cheese and mix thoroughly. Cool until partially set. Whip gelatin mixture; add pears, chopped pecans and dessert topping mix. Chill until firm. Yield: 12 servings.

STRAWBERRY 'N CREAM SQUARES

Helen Ventress
Terlton, OK

- | | |
|--------------------------------------|---------------------|
| 2 pkgs. strawberry gelatin | 2 bananas (diced) |
| 2 c. boiling water | 1 c. sour cream |
| 2 (10 oz.) pkgs. frozen strawberries | 1/2 c. chopped nuts |
| 1 1/2 c. crushed pineapple | Whole strawberries |

Dissolve gelatin in water. Add strawberries and stir until thawed. Add nuts, pineapple and bananas. Pour half the mixture into 8x8x2 inch pan. Chill until firm. Spread sour cream over gelatin mixture in an even layer. Pour remaining gelatin over sour cream. Chill until firm. Cut into squares and garnish with sour cream and a whole strawberry. Yield: 8 to 10 servings.

WATERGATE SALAD

Bea Mitchell
Masham Extension Homemakers

- | | |
|--|-----------------------------|
| 1 carton whipped topping | 1 c. miniature marshmallows |
| 1 box instant pistachio pudding | 1/2 c. chopped pecans |
| 1 can crushed pineapple <u>and</u> juice | |

Fold dry pudding mix into whipped topping. Add pineapple with juice, nuts and marshmallows. Refrigerate until served.

SUNSHINE FRUIT-CREAM MOLD

Pawnee Extension Homemakers
Council

- | | |
|--|---------------------------------|
| 1 pkg. lemon Jello | 1 can (20 oz.) pineapple chunks |
| 1 c. boiling water | (drained) |
| 1 c. pineapple juice <u>and</u> cold water | 1 c. seedless grapes (halved) |
| 1/2 c. shredded Cheddar cheese | 1/2 c. whipping cream |

Dissolve Jello in boiling water; stir in pineapple juice and water. Chill until thick, but not set. Fold in cheese, pineapple chunks and grapes. Mix gently. Whip cream and fold into Jello mixture. Pour into a 1 1/2 quart mold or six individual molds. Chill until set. Unmold on lettuce leaves. Garnish with sugared grape clusters and mint leaves, if desired.

Never trouble another for what you can do yourself.

PINEAPPLE SALAD

Delores Adams
Odessa, TX

No. 2 can pineapple
1 pkg. lemon Jello
8 oz. pkg. Philadelphia
cream cheese

1/4 c. chopped pimientos
1 c. whipped cream
1/4 c. chopped celery
1 c. chopped nuts

Heat can of pineapple. Add Jello. Soften cream cheese and mix in pimientos. Cool slightly. Then fold in whipped cream, celery, and nuts. Refrigerate until served.

PINEAPPLE-CHEESE SALAD

Katheryn Shoemaker
Mannford, OK

2 pkgs. strawberry gelatin
4 c. boiling water
1 envelope unflavored gelatin
1 small can pineapple

1/2 c. sugar
1 pkg. (3 oz.) cream cheese
1 c. whipped cream

Dissolve gelatin in boiling water. Pour half in pan to cool until firm. Cool other half, but do NOT allow to congeal. Pour unflavored gelatin over 1/2 cup water. Add pineapple and juice, sugar and cream cheese to unflavored gelatin. Heat until cheese is melted and gelatin is dissolved. Cool until partially set and fold in whipped cream and nuts. Pour over congealed gelatin and chill until firm. Pour second half of strawberry gelatin on top. Chill. Yield: 12 servings.

CHEESE AND PINEAPPLE SALAD

Delores Taylor
Terlton, OK

1 envelope unflavored gelatin
1/4 c. cold water
3/4 c. sugar
1/2 c. pineapple juice

1 c. crushed pineapple (drained)
1 c. American cheese (shredded)
1 c. heavy cream (whipped)

Soften gelatin in cold water. Dissolve sugar in pineapple juice over low heat; remove from heat and add gelatin. Stir until dissolved. Chill until partially set. Add pineapple and cheese; fold in whipped cream. Pour into 1 quart mold and chill until firm. Yield: 6 to 8 servings.

OKLAHOMA SUNSHINE SALAD

Ruth H. Moore

- | | |
|-----------------------------------|--------------------------------------|
| 1 pkg. (3 oz.) orange gelatin | 2 c. miniature marshmallows |
| 1 1/2 c. boiling water | 1/2 c. sugar |
| 1 can (6 oz.) frozen orange juice | 1 egg (beaten) |
| | 1 T. flour |
| 1 can (8 oz.) crushed pineapple | 1 c. whipped cream <u>or</u> whipped |
| 1 can (11 oz.) mandarin oranges | topping mix |

Drain and save syrup from pineapple and mandarin oranges. Dissolve gelatin in water. Add orange juice and fruit to gelatin. Combine sugar, egg, flour and syrup from pineapple and oranges. Heat over low flame, stirring constantly, until thick. Add marshmallows; stir until melted. Add to gelatin mixture. Cool. Fold in whipped cream. Chill until firm. Makes 8 servings.

MIXED FRUIT SALAD

Mrs. F. W. Swalley

- | | |
|-------------------|---------------------------------|
| 2 oranges (diced) | 1/2 lb. grapes (diced) |
| 3 bananas (diced) | 1 c. pineapple chunks (drained) |
| | 1 c. miniature marshmallows |

FRUIT DRESSING:

- | | |
|----------------------|----------------------|
| 1 c. pineapple juice | 1/4 tsp. salt |
| 1/2 c. sugar | 2 eggs (well beaten) |
| 2 T. flour | 3 T. vinegar |

Mix sugar, flour, salt, and eggs. Add vinegar and pineapple juice. Cook until thickened. Cool and pour over fruit mixture. Yield: 12 servings.

JENNIE'S SPECIALTY FRUIT SALAD

Helen Ventress

- | | |
|-----------------------------|--|
| 1 lb. can peaches | 1 c. grapes (halved <u>and</u> seeded) |
| 1 lb. can pears | 1 large apple (diced) |
| 1 lb. can pineapple | 1/2 pt. heavy cream (whipped) |
| 1 c. miniature marshmallows | 1 tsp. vanilla |
| 2 large bananas | 1 c. sugar |

Chill and drain peaches, pears and pineapple. Cut in 1/2 inch pieces. Add marshmallows, sliced bananas, grapes and apples to other fruit. Whip cream and add vanilla and sugar. Just before serving, fold whipped cream into fruit mixture. Yield: 6 servings.

GRAPEFRUIT SALAD

Ruth H. Moore

- | | |
|---------------------------------|---------------------------------|
| 1 large pkg. (6 oz.) lime Jello | 1 c. finely chopped celery |
| 3 1/2 c. grapefruit juice | 1 can (11 oz.) mandarin oranges |
| 1 c. shredded raw carrots | (drained) |

DRESSING:

- | | |
|-------------------------|---|
| 1/2 c. grapefruit juice | 2 T. <u>each</u> chopped parsley <u>and</u> |
| 3/4 c. sour cream | pimiento |
| | Pinch of salt |

Dissolve gelatin in one cup of juice heated to boiling. Stir in remaining juice. Chill until syrupy. Fold in carrots, celery and oranges. Pour mixture into a 1 1/2 quart mold until firm. In a small bowl, combine dressing ingredients, adding salt to taste, chill. Invert salad onto platter and garnish with bite size greens and top each serving with dressing.

WALDORF SALAD

Helen Carter Ventress

- | | |
|--------------------------------|---------------------------------|
| 1/3 c. mayonnaise | 1 1/2 to 2 c. diced celery |
| 2 tsp. lemon juice | 1/2 c. coarsely chopped walnuts |
| Dash of salt | Lettuce leaves |
| 2 c. diced unpeeled red apples | |

In salad bowl, blend mayonnaise, lemon juice and salt. Add apples, celery, and walnuts and toss well. Serve on lettuce leaves. Makes 6 to 8 servings.

CRANBERRY FLUFF

- | | |
|-------------------------------|------------------------------|
| 2 c. raw cranberries (ground) | 3 c. miniature marshmallows |
| 1/2 tsp. salt | 3/4 c. sugar |
| 2 c. tart apples (diced) | 1/2 c. seedless green grapes |
| 1/2 c. chopped walnuts | 1 c. heavy cream (whipped) |

Combine cranberries, marshmallows and sugar. Cover and chill overnight. Add apples, grapes, walnuts and salt. Fold in whipped cream. Chill. Pineapple may be substituted for apples. Yield: 12 servings.

Never buy what you do not want because it is cheap.

CHERRY CRANBERRY SALADHelen Ventress
Terlton, OK

- | | |
|-----------------------|------------------------------|
| 1 pkg. cherry gelatin | 1 can whole cranberry sauce |
| 2 c. boiling water | 1 c. celery (finely chopped) |
| 1 apple | 1/2 c. nuts (chopped) |
| 1 orange | 1 c. whipped cream |

Add boiling water to gelatin; mix until dissolved and cool until partially set. Grind apple and orange in food chopper. Add apple, orange, cranberry sauce, celery and nuts to gelatin. Mix well. Fold in whipped cream. Chill until firm and ready to serve.

COKE SALAD

- | | |
|---|--|
| 1 large package cherry gelatin | 1 c. chopped pecans |
| 1 (No. 303) can pineapple chunks (drained) | 1 pkg. (3 oz.) cream cheese (softened) |
| 1 (No. 303) can sweet dark cherries (drained) | 1 (12 oz.) bottle Coca Cola |

Drain juices from pineapple and cherries. Heat and add to gelatin to dissolve. Add pineapple chunks, nuts, cheese and Coke. Chill until firm. Yield: 12 servings.

DAIRY ORANGE SALAD

- | | |
|---------------------------------|-------------------------------|
| 1 pkg. orange gelatin | 1 pkg. (3 oz.) cream cheese |
| 1 c. boiling water | 1 small can crushed pineapple |
| 2 c. miniature marshmallows | 1 c. cottage cheese |
| 1 small can frozen orange juice | 2 bananas (mashed) |
| 1/2 c. sugar | 1/2 pt. heavy cream (whipped) |
| 1 small can mandarin oranges | |

Pour boiling water over gelatin and marshmallows; stir until gelatin is dissolved. Stir sugar into defrosted orange juice and add to gelatin mixture. Cream cheese and add to pineapple. Add cheese mixture, cottage cheese, bananas and oranges to gelatin. Stir until all ingredients are blended. Fold in whipped cream and pour into mold. Chill until firm. Yield: 15 servings.

The Scriptures teach us the best way of living, the noblest way of suffering, and the most comfortable way of dying.

7-UP SALAD

- | | |
|---|-------------------------------------|
| 2 pkgs. lemon gelatin | 1 c. chopped nuts |
| 1 3/4 c. boiling water | 3 bananas (sliced) |
| 2 bottles 7-Up | 2 c. miniature colored marshmallows |
| 1 (No. 2) can crushed pineapple (drained) | 1 can mandarin oranges |

Pour water over gelatin to dissolve. Add 7-Up and cool. Mix pineapple, nuts, bananas, marshmallows and oranges with gelatin. Chill until firm; spread with topping and garnish with cheese.

TOPPING:

- | | |
|----------------------|-------------------------------|
| 1 c. pineapple juice | 1 egg |
| 2 T. flour | 1 c. whipping cream (whipped) |
| 1/2 c. sugar | Grated cheese |

Cook juice, flour, sugar and egg until thickened. Cool. Add whipped cream and spread over gelatin. Yield: 15 servings.

CUCUMBER SALAD

Zella Moore
Shreveport, LA

- | | |
|-----------------------|-------------------------------|
| 1 pkg. lime gelatin | 1/4 c. celery (chopped) |
| 1 c. boiling water | 1/2 c. green pepper (chopped) |
| 1 tsp. salt | 1 c. cucumber (grated) |
| 1 tsp. onion (grated) | 1/2 c. sour cream |
| 2 T. vinegar | 1/4 c. mayonnaise |

Dissolve gelatin in boiling water; add salt, onion and vinegar. Chill until almost set. Add remaining ingredients and let set until firm. Yield: 6 servings.

DICK DUFT SALAD

Ruth H. Moore

- | | |
|-----------------------------------|------------------------------------|
| 3 pkgs. Philadelphia cream cheese | 1/2 c. chopped nuts |
| 2 pkgs. Knox gelatin | 1 chopped pimienta |
| 1 can tomato soup | 1 c. chopped celery |
| 3/4 c. mayonnaise | 1/2 c. finely chopped green pepper |

Soak gelatin in 1 cup water until dissolved. Heat soup, add cheese and melt. Add gelatin to cheese mixture while hot. Add other ingredients. Mold.

RASPBERRY DELIGHT

2 c. boiling water 1 (No. 303) can crushed pineapple
 1 large pkg. raspberry gelatin 3 bananas (sliced)
 2 pkgs. frozen red raspberries 1 c. whipping cream (whipped)

Add water and juice from pineapple and raspberries to gelatin. Stir until dissolved and beat. Fold in fruit and whipped cream. Pour into mold and chill until firm. Yield: 9 to 12 servings.

3 WEEK CABBAGE SALAD

Helen Ventress
 Terlton, OK

1 large cabbage (finely chopped) 1 carrot (grated)
 1 onion (finely chopped) 3/4 c. celery (finely chopped)
 1 green pepper (finely chopped) 1 cucumber (grated)
 1 c. sugar

SAUCE:

1/2 c. sugar 1 T. celery seed
 1 T. salt 1/2 c. vinegar
 1 T. dry mustard 1/2 c. salad oil

Place vegetables in layers in crock; pour sugar on top. Set aside. Do NOT stir until ready to use. Let set 4 hours or longer. Mix all of sauce ingredients and boil 1 minute; pour over vegetable mixture. Will keep 3 weeks in refrigerator. Yield: 8 to 10 servings.

CABBAGE SALAD

1 large head cabbage (shredded) 1 tsp. dry mustard
 2 large onions (sliced) 1 tsp. celery seed
 1 sweet pepper (chopped) 1 c. vinegar
 1 c. plus 2 T. sugar 3/4 c. salad oil
 1 T. salt

Place cabbage, onions and pepper in layers in earthenware pot or enamel pan. Pour 1 cup of sugar over vegetables. Heat to boiling 2 tablespoons sugar, salt, mustard, celery seed, vinegar and salad oil. Pour over cabbage mixture. Refrigerate 4 hours. Store in glass jars in refrigerator. Will keep a month.

9 DAY SLAW

- | | |
|---------------------------------|---------------------|
| 1 large head cabbage (shredded) | 1 1/2 c. sugar |
| 1 small onion (sliced) | 1 tsp. celery seed |
| 1 small bell pepper (diced) | 1 tsp. salt |
| 1 c. celery (finely chopped) | 1 tsp. mustard seed |
| 1 c. vinegar | |

Mix cabbage, onion, pepper and celery. Combine vinegar, sugar, celery seed, salt and mustard seed. Pour vinegar mixture over vegetables. Refrigerate. Will keep for several days.

Yield: 12 to 15 servings.

SOUR CREAM SLAW

- | | |
|----------------------|-------------------------|
| 1 c. sour cream | 1/2 tsp. salt |
| 1/4 c. white vinegar | 3 T. sugar |
| 1/2 c. salad oil | 5 c. cabbage (shredded) |
| 1/2 tsp. celery seed | |

Combine sour cream, vinegar, oil, celery seed, salt and sugar. Pour over cabbage and toss. Chill for 1 hour. Yield: 8 servings.

POTATO SALAD

Mary Hecox

- | | |
|------------------------------|---|
| 3 c. cooked potatoes (diced) | 1/2 c. sweet pickles (diced) |
| 2 hard-cooked eggs (chopped) | 1 tsp. salt <u>and</u> pepper |
| 1/2 c. cucumber (diced) | 2 tsp. prepared mustard |
| 1/2 c. celery (diced) | 2 T. sweet pickle vinegar |
| 2 T. onion (minced) | 1/2 c. mayonnaise <u>or</u> cooked salad dressing |

Combine potatoes, eggs, cucumber, celery, pickles, onion and seasonings. Blend mayonnaise with mustard and vinegar. Combine blended dressing with other ingredients, mix thoroughly and chill before serving.

POTATO SALAD

Mother Carter

- | | |
|------------------------------|-----------------|
| 6 medium potatoes | 4 T. mayonnaise |
| 2 hard-cooked eggs (chopped) | 3/4 tsp. salt |
| 1 small onion (chopped) | 1/2 tsp. pepper |
| 1/4 c. sweet pickle relish | |

Cook potatoes in skins until tender. Cool, peel and dice. Add eggs, relish, onions, mayonnaise, salt and pepper. Toss until all ingredients are mixed. Chill before serving. Yield: 6 to 8 servings.

MAIN DISH SALAD

- | | |
|-----------------------------------|----------------------------|
| 1 1/2 c. cabbage (chopped) | 1 small onion (chopped) |
| 4 large carrots (chopped) | 3 T. prepared mustard |
| 3 c. cooked pinto beans (drained) | 3 T. mayonnaise |
| 3 hard-cooked eggs (chopped) | 2 T. milk |
| 1 can luncheon meat (chopped) | Salt and pepper (to taste) |

Combine cabbage, carrots, beans, eggs, meat and onion. Mix mustard, mayonnaise, milk and salt and pepper. Pour over cabbage mixture. Toss well and chill several hours before serving. Yield: 4 servings.

HEARTY PEA SALAD

- | | |
|---------------------------------------|--------------------------------|
| 2 c. cooked peas (drained) | 1/2 c. sweet pickles (chopped) |
| 1/2 c. mild Cheddar cheese
(diced) | 2 T. cream |
| 3 hard-cooked eggs (chopped) | 1/2 c. salad dressing |
| 1 c. celery (sliced) | Salt (to taste) |
| | Lettuce |

Combine peas, cheese, eggs, celery and pickles. Mix cream and salad dressing. Stir dressing and salt into salad mixture. Chill. Spoon into lettuce cups. Yield: 6 servings.

CHEF'S SALAD

- | | |
|--------------------------|-----------------------------|
| 1 head iceberg lettuce | 1 hard-cooked egg (chopped) |
| 1/2 c. chicken | 3 T. whole marjoram |
| 1/2 c. ham | 2 T. vinegar |
| 1/3 c. tomato (chopped) | 3 T. olive oil |
| 1 T. sweet pickle relish | 1 tsp. Worcestershire sauce |
| 1 T. chives | 1 tsp. sugar |

Tear lettuce into bite sized pieces. Julienne chicken and ham and add to lettuce along with tomato and pickle relish. Blend together remaining ingredients to form dressing. Pour over salad and serve immediately. Yield: 4 servings.

SPANISH MACARONI SALAD

- | | |
|----------------------------|-------------------------|
| 1 pkg. elbow macaroni | 1 c. cooked ham (diced) |
| 1 pkg. spaghetti sauce mix | Small onion (chopped) |
| 1 c. celery (diced) | Mayonnaise |

Cook macaroni; rinse and drain. Add spaghetti sauce, mix and toss until macaroni is well coated. Cool. Add remaining ingredients. Chill overnight. Yield: 10 servings.

FANCY BEAN SALADEarlene Moreino
Terlton, OK

- | | |
|--------------------------------------|-------------------------------|
| 1 can green beans (drained) | 1/2 c. celery (diced) |
| 1 can wax beans (drained;
yellow) | 1/2 c. salad oil |
| 1 can kidney beans (drained) | 1/2 <u>or</u> 3/4 c. sugar |
| 1 purple onion (sliced) | Dash of salt <u>or</u> 1 tsp. |
| 1 green pepper (diced) | Dash of pepper (1/4 tsp.) |
| | 1/2 c. vinegar |

Wash beans with water and drain for several minutes. Combine oil, vinegar, sugar, salt and pepper. Pour over vegetables and toss until well mixed. Refrigerate 24 hours. Yield: 12 servings.

TOMATO-CUCUMBER RELISH OR SALADHelen Ventress
Terlton, OK

- | | |
|--------------------|----------------------------|
| 2 T. salad oil | 1 T. parsley (chopped) |
| 1 T. cider vinegar | 2 large tomatoes (diced) |
| 1 tsp. sugar | 1/2 large cucumber (diced) |
| 1/2 tsp. salt | 2 green onions (diced) |
| 1/8 tsp. ginger | |

Combine oil, vinegar, sugar, salt, ginger and parsley. Pour over vegetables and toss lightly. Refrigerate until served. Yield: 4 servings.

SOUR CREAM VEGETABLE SALADHelen Ventress
Terlton, OK

- | | |
|---------------------------------------|---|
| 1 pkg. lemon gelatin | 1/4 c. thin green pepper strips |
| 3/4 c. boiling water | 2 T. finely chopped green onion
(including tops) |
| 2 1/2 T. vinegar | 3/4 tsp. salt |
| 1/2 c. diced celery | 1 c. (1/2 pt.) dairy sour cream |
| 1/2 c. thinly sliced radishes | Salad greens |
| 1/2 c. diced seeded pared
cucumber | |

Dissolve gelatin in boiling water, add vinegar and chill until the mixture begins to thicken. Meantime, sprinkle prepared vegetables with salt. Fold sour cream into thickened gelatin. Fold in well drained vegetables. Fill one 3 cup mold or six 6 oz. individual molds with mixture. Chill in refrigerator until firm. Unmold and garnish with crisp salad greens. Serve with any desired dressing.

MEXICAN PARTY SALADBeverly Buttram
Terlton, OK

- | | |
|--|---|
| 3/4 head iceberg lettuce (torn into bite size pieces) | 1 (8 oz.) bag tortilla chips |
| 4 medium size tomatoes (cut into eighths) | 1 1/4 c. grated sharp Cheddar cheese |
| 1 small jar ripe olives (pitted, drained <u>and</u> chopped) | 1 lb. ground beef |
| 1 medium size ripe avocado (peeled <u>and</u> cut into chunks) | 1 medium size onion (chopped) |
| | 1 (16 oz.) can kidney <u>or</u> ranch style beans |

Arrange lettuce, tomatoes, olives, avocados, tortilla chips and cheese in serving bowl. In large skillet, brown beef, stirring to break up. When meat has lost pink color, drain fat from skillet. add onions and beans and simmer for 5 minutes over moderate heat. To serve, pour hot beef mixture over salad, toss quickly and serve.

TOSSED TACO SALADMary Ann Lewis
Terlton, OK

- | | |
|--------------------------------|---|
| 1 head lettuce (shredded) | 1 can (15 oz.) red kidney beans (drained) |
| 1 bunch green onions (chopped) | 1 lb. ground beef |
| 4 tomatoes (chopped) | 1 bottle (8 oz.) Thousand Island dressing |
| 1 (5 1/2 oz.) pkg. taco chips | |
| 12 oz. grated cheese | |

Mix together lettuce, onions, tomatoes, taco chips, cheese, and kidney beans. Brown ground beef and drain. Add to salad while still hot. Toss with dressing. Makes a large salad.

TACO MAC SALAD

- | | |
|-----------------------------------|---|
| 6 oz. macaroni twirls | 1 box cherry tomatoes (halved) |
| 1 lb. ground beef | 1/2 head lettuce (shredded) |
| 1 pkg. (1 1/2 oz.) taco seasoning | Salt <u>and</u> pepper (to taste) |
| 1/2 c. chopped green pepper | 1/2 c. French dressing |
| 1/2 c. minced onion | 1 (5 1/2 oz.) pkg. taco flavored corn chips |
| 1 c. grated Cheddar cheese | |

Cook macaroni. Drain; rinse with cold water; drain again. Brown meat and drain fat. Add taco seasoning and mix well. Cool. In a large bowl, mix macaroni, green pepper, onion, cheese, tomatoes, lettuce and seasonings. Chill. Just before serving, stir in seasoned ground beef, French dressing and corn chips. Toss lightly. Makes 8 to 10 servings.

MIXED VEGETABLE SALAD

Ruth H. Moore

- | | |
|---|--------------------------------------|
| 2 pkgs. frozen mixed vegetables
(cooked <u>and</u> cooled) | 1 dill pickle (chopped) |
| 1 onion (chopped) | 3/4 c. Velveeta cheese (cubed) |
| 1 green pepper (chopped) | 1 c. sour cream |
| 3/4 c. celery (chopped) | 1/2 c. salad dressing (Miracle Whip) |
| | 1 T. lemon juice |

Do NOT cook vegetables done. Better if they are a little crispy. Mix all ingredients well. Refrigerate. Better on the second or third day.

FIESTA MACARONI SALADHelen Ventress
Terlton, OK

- | | |
|---|-----------------------|
| 1 (14 1/2 oz.) pkg. Kraft
macaroni and cheese dinner | 1 c. shredded carrots |
| 2 c. chopped tomatoes | 1 c. salad dressing |
| 1 c. chopped cucumber | 1/2 tsp. salt |

Prepare macaroni and cheese dinner as directed. Add remaining ingredients; mix lightly. Chill. Add additional salad dressing before serving, if desired. Yield: 8 to 10 servings.

PINTO PATIO SALAD

- | | |
|--|------------------|
| 2 1/2 c. pinto beans (cooked) | 1 T. chili sauce |
| 4 hard-cooked eggs (chopped) | 1 tsp. mustard |
| 2 c. American cheese (1/4 inch
cubes) | 1/4 tsp. salt |
| 1/4 c. onion (chopped) | 1/4 tsp. pepper |
| 2 T. salad dressing | Crisp bacon |
| | Minced parsley |

Combine beans, eggs, cheese and onion. Chill. Mix remaining ingredients and add to bean mixture. Sprinkle with crumbled bacon and minced parsley. Yield: 4 to 6 servings.

TUNA SALAD

- | | |
|----------------------------|--------------------------------|
| 1 small can tuna (flaked) | 2 dill pickles (diced) |
| 2 hard-cooked eggs (diced) | 1/4 c. pecans (finely chopped) |
| 1 onion (diced) | 3 T. salad dressing |

Toss all ingredients together and serve chilled on lettuce leaves. Yield: 6 servings.

HELEN'S CHICKEN SALAD

3 c. cold chicken (chopped)	1/4 tsp. paprika <u>and</u> black pepper
2 c. celery (diced)	Salt (to taste)
3/4 c. sweet pickles (diced)	Mayonnaise <u>and</u> sweet pickle
2 hard-cooked eggs (diced)	vinegar

Combine ingredients in bowl. Moisten with mayonnaise and vinegar.

SALMON SALAD SANDWICHES

7 3/4 oz. can salmon	1 T. chopped green onion
3/4 c. cottage cheese	1/4 c. mayonnaise
2 T. chopped parsley	Salt <u>and</u> pepper (to taste)
1/2 c. chopped cucumber	8 slices bread of choice
2 T. grated carrots	(buttered)

Drain and flake salmon. Combine with cottage cheese, vegetables, mayonnaise, salt and pepper. Spread half the slices of bread with salmon mixture. Top with another slice. Cut in half and garnish with carrot curls and parsley.
Yield: 4 sandwiches.

MAYONNAISE

2 c. salad oil	2 tsp. salt
2 eggs	1/4 c. butter
1/4 c. sugar	1/2 c. cornstarch
2 tsp. prepared mustard	2 c. water

Pour salad oil, eggs, sugar, mustard and salt in mixing bowl. Melt butter in saucepan; add cornstarch and water, and cook until thickened. Stir constantly. Add to oil mixture and beat thoroughly. Store in refrigerator. Yield: 1 quart.

BASIC FRENCH DRESSING

Helen Ventress
Terlton, OK

1 tsp. sugar	1/2 tsp. dry mustard
1/2 tsp. salt	1/4 c. vinegar
1/2 tsp. paprika	1/2 c. salad oil

Combine all ingredients with mixer or blender. Mix well. Refrigerate dressing.

JAN'S SALAD DRESSING

Virginia Favaro
Terlton, OK

1 1/2 c. white vinegar
2/3 c. salad oil
3 tsp. salt

1/2 to 1 tsp. garlic powder
1 1/2 tsp. paprika
3 c. sugar

Add all ingredients but sugar in a blender. SLOWLY add sugar to blender and blend about 10 minutes more. Refrigerate.

ECONOMY FRENCH DRESSING

Bettye Hendrickson
St. Paul, Minn.

1 can tomato soup
3/4 c. salad oil
3/4 c. sugar
1/2 c. white vinegar

Dash of celery seed
Dash of salt
Dash of paprika
2 T. onion juice

Mix all ingredients and beat WELL or mix with blender.

GREEN GODDESS SALAD DRESSING

1 c. mayonnaise
1/2 c. sour cream
1 T. lemon juice
2 T. garlic vinegar
2 T. eschalot vinegar

2 T. tarragon vinegar
1/3 c. parsley
1/3 c. green onions (finely
chopped)
1 T. anchovy paste

Combine all ingredients and mix well. Serve over lettuce wedge, tossed salad or chicken salad.

SOUR CREAM SAUCE

1/2 c. sour cream
1/2 tsp. salt
1/2 tsp. sugar

2 T. chives (finely cut)
Dash cayenne pepper

Mix all ingredients. Use as a sauce for baked potatoes or as a salad dressing.

ADDITIONAL RECIPES

VEGETABLES



VEGETABLES

SPICY HOPPING JOHN (a Southern dish)

Virginia Favaro
Terlton, OK

- | | |
|---|---|
| 1 lb. (2 c.) dried black-eyed peas
8 c. water
1 medium ham hock
1 (16 oz.) can tomatoes (cut up)
1 c. chopped onion | 1 c. chopped celery
1 T. salt
2 tsp. chili powder
1/4 tsp. dried basil (crushed)
1 bay leaf
1 c. long grain rice |
|---|---|

Rinse peas. In kettle or Dutch oven, combine peas and water. Let stand overnight. Do NOT drain. Add ham hock, tomatoes, onion, celery, salt, chili powder, basil and bay leaf. Cover and simmer till peas are tender, about 1 1/4 hours. Lift out ham hock; remove meat from bone and dice. Return meat to pea mixture with rice; cover and cook 20 minutes more or till rice is tender. Add more water, if desired. Remove bay leaf. Yield: 12 servings.

CELERY CHINOIS

Virginia Favaro
Terlton, OK

- | | |
|--|--|
| 2 T. butter
3 c. celery (cut in 1/2 inch crescents)
1 tsp. soy sauce | 1 tsp. cornstarch
1/4 c. blanched almonds (slivered <u>and</u> toasted) |
|--|--|

Melt butter in large skillet. Add celery, stirring to coat. Add 1/2 cup boiling water and the soy sauce. Bring to a boil at higher heat, then reduce heat, cover and simmer for 15 minutes. Stir together cornstarch and 2 tablespoons cold water until smooth and add to skillet. Continue to cook, stirring until thickened. Sprinkle with almonds and serve at once. Yield: 4 servings.

BEST TURNIPS

- | | |
|--|--|
| 3 c. turnips (cooked)
1/2 c. butter
1/4 c. flour | 1 1/2 c. light cream
1 c. grated cheese
1 T. chives <u>or</u> green onions (chopped) |
|--|--|

Drain cooked turnips. Combine butter, flour, cream, chives or onions and 3/4 cup of grated cheese, to make a sauce. Cook over low heat until thick. Place turnips in buttered casserole and pour sauce over turnips. Top with remaining cheese. Heat in 350° oven until cheese melts.

SOCIETY TURNIPS WITH PEAS

Virginia Favaro

8 small white turnips (peeled and sliced paper thin)	1/2 c. whipping cream
2 T. minced onion	1 c. freshly cooked peas (fresh or frozen)
3 T. butter	Salt and pepper
1/2 tsp. sugar	Chopped parsley

Cook sliced turnips in small amount of boiling water until JUST tender. Drain. Saute' onion with butter and sugar for 2 minutes. Add turnips and cook only until hot. Add cream and peas and simmer, turning carefully, until cream is reduced some. Add salt and pepper to taste. Sprinkle with parsley.

BUTTER-BRAISED ONIONS

Virginia Favaro

3 doz. small white onions (2 1/2 lbs.)	3 T. butter or margarine
	1 tsp. sugar

Peel onions; cook in boiling salted water 15 minutes. Drain. Heat butter or margarine in large saucepan just until it starts to brown. Add onions and sprinkle with sugar. Cook, stirring often, until golden and slightly glazed. Keep warm until serving. Looks pretty served around meat on a platter.

FRENCH FRIED ONION RINGS

Medium sized onions	1 c. milk
1 c. flour (sifted)	1 tsp. baking powder
1 egg	1 1/2 tsp. salt

Peel onions, slice in 1/3 inch slices, separate into rings, soak in ice water and drain on paper towels until ready to fry. Combine flour, egg, milk, baking powder and salt and beat until smooth. Dip onions in batter and deep fry until brown and crisp.

SCALLOPED ONIONS

4 medium onions (sliced)	Salt
16 to 18 soda crackers (crushed)	Pepper
2 c. cream	

Cook onions in water until tender. Add cream and heat to boiling. Pour over soda crackers in buttered baking dish. Add salt and pepper and bake at 350° until golden brown. Yield: 4 to 5 servings.

NOODLE-CORN CASSEROLE

- | | |
|--|---------------------------------|
| 1 small pkg. noodles (cooked
and drained) | 1/4 lb. Cheddar cheese (grated) |
| 1 can cream style corn | Salt and pepper |
| | Milk |

Alternate layers of noodles, corn and cheese in a casserole. Add enough milk to moisten and sprinkle cheese on top. Bake at 300° for 30 minutes. Yield: 4 to 6 servings.

SCALLOPED CORN

- | | |
|----------------------------|------------------------|
| 1 1/2 c. whole kernel corn | 1 tsp. salt |
| Evaporated milk | 1/8 tsp. pepper |
| 2 T. butter | 2 eggs (beaten) |
| 2 T. flour | 1/2 c. buttered crumbs |

Drain liquid from corn and add milk to make 1 cup. Melt butter in saucepan; add flour, salt and pepper and stir until smooth. Add liquid gradually and cook until thickened. Add corn, mixed with beaten eggs. Pour into buttered baking dish and sprinkle with crumbs. Place in shallow pan of water and bake at 350° for 45 to 50 minutes. Yield: 4 to 5 servings.

WEINER-BEAN CASSEROLE

- | | |
|-----------------------------|----------------------------|
| 3 large cans pork and beans | 6 T. catsup |
| 9 slices bacon (diced) | 4 T. vinegar |
| 1 large onion (chopped) | 10 weiners (cut in chunks) |
| 3 T. brown sugar | |

Fry bacon and onion, pour off grease. Combine bacon, onion, brown sugar, catsup, vinegar, pork and beans in a 3 quart casserole. Add weiners and mix well. Bake at 300° for 2 hours. Yield: 12 to 24 servings.

OKRA GOULASH

- | | |
|---------------------------|----------------------------|
| 2 slices salt pork | 4 tomatoes (chopped) |
| 2 onions (diced) | 1 lb. okra (diced) |
| 2 green peppers (chopped) | Salt and pepper (to taste) |

Fry salt pork and remove from pan. Add onions, peppers, and tomatoes. Cover and cook until tender. Add okra, salt and pepper and cook uncovered until okra is tender.

TALERINI

1 (5 oz.) pkg. noodles (cooked)	1 can whole kernel corn
1 1/2 lbs. ground beef	1 tsp. salt
1 medium onion (chopped)	Garlic (to taste)
1 green pepper (chopped)	Pepper (to taste)
1 can tomato paste	1/2 lb. sharp cheese (grated)
1 small bottle green olives	

Brown beef, onion and green pepper. Add tomato paste and mix. Combine with sliced olives, corn, seasoning and noodles. Mix lightly and pour into 2 quart casserole. Top with grated cheese. Bake at 300° for 30 minutes. Yield: 12 servings.

RICE PILAFF (Arabian)

1 stick margarine	1/2 tsp. oregano
2 T. onion (chopped)	2 tsp. curry powder
2 c. long grain rice	3 c. beef <u>or</u> chicken broth
Salt <u>and</u> fresh ground pepper	1 T. dried raisins

In top of double boiler, melt butter; add onion and saute' lightly. Add rice; fry until grains begin to turn pearly white. Add salt, pepper, oregano and curry powder. Stir gently; add beef or chicken broth and raisins. Place top of double boiler over boiling water and cook until dry and firm, stirring gently once or twice. NOTE: May be kept warm 1/2 hour until served. Yield: 8 servings.

EGGPLANT CASSEROLE

1 eggplant (peeled <u>and</u> sliced)	1 tsp. sugar
1 onion (chopped)	Salt <u>and</u> pepper
1 T. cooking oil	1 c. cheese (grated)
1 c. dry bread crumbs	Slices of cheese
2 c. tomatoes	Butter
1 can mushroom soup	

Cook eggplant in salted water for a few minutes and drain. Saute' onion in oil and add to bread crumbs, tomatoes, soup and seasonings. Place a layer of eggplant in a buttered casserole; add a layer of soup-crumbs mixture and a layer of grated cheese. Repeat layers. Cover with cheese slices and lots of butter. Bake at 350° for 45 minutes. Yield: 6 servings.

HARVARD BEETS

6 medium beets	1/4 c. vinegar
1/2 c. sugar	1/4 c. boiling water
1 T. cornstarch	2 T. butter

Cook beets; remove skins and slice. Add boiling water and vinegar to cornstarch mixed with sugar. Cook for 5 minutes; add butter. Pour over beets and serve. Yield: 4 servings.

BAKED HOMINY GRITS

1 qt. <u>plus</u> 1 c. milk	1 tsp. salt
1/2 c. <u>plus</u> 1/3 c. butter	1/8 T. pepper
1 c. hominy grits (do not use quick cooking grits)	1 c. Romano cheese (grated)
	8 slices American cheese

Add 1/2 cup butter and grits to 1 quart boiling milk. Cook until grits look clear. Remove from heat; add salt and pepper and beat for 5 minutes with electric beater. Pour into 9x13 inch casserole. When cool, cut into rectangular pieces and pile into a buttered casserole. Place 1/4 slice of American cheese between pieces of grits. Pour 1/3 cup melted butter, grated cheese and 1 cup milk over grits. Bake at 350° for 20 to 30 minutes. Do not brown. Yield: 8 to 10 servings.

GREEN BEAN DELIGHT

1/2 c. cooking oil	1 fresh tomato (sliced)
2 cans whole green beans (drained)	1 green pepper (sliced)
	Salt (to taste)

Pour oil into skillet and add beans, tomato, green pepper and salt. Cover tightly and simmer slowly for 2 hours. Yield: 6 to 8 servings.

GREEN BEANS SUPREME

2 pkgs. French style green beans	1 can French fried onions
	1/2 tsp. salt

1 can cream of celery soup

Cook beans and drain well. Mix beans, soup, 1/2 can onions and salt. Pour into baking dish and bake 15 minutes at 350°. Sprinkle with remaining onions and continue baking for 5 more minutes. Yield: 6 servings.

STIR FRY GREEN BEANS AND STEAKVirginia Favaro
Terlton, OK

- | | |
|--|--------------------------------------|
| 1 lb. steak (any kind will do) | 2 c. water |
| 3 T. oil, butter <u>or</u> shortening | 1 T. soy sauce (<u>or</u> to taste) |
| 2 medium sized onions | 2 T. cornstarch |
| 1 qt. green beans (fresh <u>or</u> frozen) | |

Thinly slice steak in strips (partially frozen steak will slice easily). Quickly stir brown in oil. Add onions that have been sliced thinly from top to bottom, and green beans. Continue to stir fry until starting to cook slightly. Add water and soy sauce, cover and simmer about 8 to 10 minutes. Mix cornstarch in small quantity of water and stir into meat and vegetable mixture. Cook for about one minute. Do NOT over cook. Vegetables should be crisp.

BROCCOLI-CORN CASSEROLE

Ruth H. Moore

- | | |
|--|---------------------------------|
| 2 (10 oz.) pkgs. frozen broccoli
(partially thawed) | 2 T. grated onion |
| 2 cans cream corn | 2 c. herb dressing mix |
| 2 eggs (slightly beaten) | 6 T. melted oleo |
| | 1/2 tsp. salt <u>and</u> pepper |

Mix first 4 items. Melt 6 tablespoons oleo in pan large enough to hold the 2 cups dressing mix. Mix well. Add 2/3 of this to other ingredients. Add salt and pepper. Pour into large casserole and top with remaining dressing mix. Bake 350° for 45 minutes to an hour.

BROCCOLI CASSEROLE

- | | |
|--|---|
| 2 (10 oz.) pkgs. frozen
broccoli spears | 2/3 c. Pet evaporated milk |
| 1 c. grated American cheese | 3 1/2 oz. can French fried onion
rings |
| 1 can cream of mushroom soup | |

Cook broccoli spears in boiling water 4 minutes. Drain and put in 2 quart greased baking dish. Sprinkle with cheese. Mix soup with milk and pour over broccoli mixture. Bake in 350° F. oven for 25 minutes. Take pan from oven and top with onion rings. Return to oven for 8 or 10 minutes. Serves 6 to 8.

BROCCOLI-CHEESE CASSEROLE

- | | |
|-------------------------|----------------------------------|
| 1 c. onion (chopped) | 1 can cream of chicken soup |
| 1/3 c. celery (chopped) | 1 can evaporated milk |
| 3 T. margarine | 1 pkg. chopped broccoli (thawed) |
| 3 c. rice (cooked) | 1 (8 oz.) jar cheese sauce |

Saute' onion and celery in margarine; add remaining ingredients except cheese. Pour into casserole. Spoon cheese sauce on top and bake at 350° for 15 to 25 minutes.

LIMAS SUPREME

- | | |
|--------------------------------|----------------------------|
| 12 small white onions (peeled) | 1/2 tsp. pepper |
| 2 T. butter | 1/2 c. cheese (grated) |
| 3 1/2 T. flour | 1 (No. 2) can limas |
| 1 c. milk | Bread crumbs |
| 1/2 tsp. salt | Additional cheese (grated) |

Cook onions in salt water until tender. Melt butter; add flour, milk, salt and pepper and cook until thickened. Add cheese, 1/2 cup bean juice and beans. Pour bean mixture and onions into greased baking dish. Top with bread crumbs and cheese. Bake at 375° for 20 minutes. Yield: 6 servings.

GLORIFIED LIMAS

- | | |
|--------------------------|-----------------------------|
| 3 c. baby limas (cooked) | 2 T. onion (chopped) |
| 2 c. cheese sauce | 2 T. green pepper (chopped) |
| 2 T. butter | Bread crumbs |

Saute' onion and pepper in butter; add to cheese sauce. Pour over limas in casserole and top with bread crumbs. Bake at 350° for 30 minutes. Yield: 6 servings.

CABBAGE ROLLS

- | | |
|-----------------------|--------------------------|
| 1 medium head cabbage | 1/4 tsp. paprika |
| 3 strips bacon | 1/2 c. onion (chopped) |
| 1 lb. ground beef | 1 c. raw potato (grated) |
| 1 tsp. salt | 1 c. cooked rice |
| 1/2 tsp. garlic salt | 2 c. tomato juice |

Wilt cabbage in hot water. Cook bacon until crisp; chop and mix with rest of ingredients except tomato juice. Shape into 12 rolls; wrap mixture in cabbage leaves. Place in pan bacon was cooked in; add tomato juice and simmer for 1 hour. Yield: 6 servings.

CABBAGE ROLLS

1 medium head cabbage	Dash of pepper
1 lb. ground beef	Dash of cinnamon
1 onion (finely chopped)	3/4 c. water
1/2 c. uncooked long grain rice	1 can condensed beef broth
1 tsp. salt	

Cook 16 cabbage leaves in boiling salted water for 5 minutes or until pliable. Combine meat, onion, rice, seasonings and water. Shape into 16 rolls about 3 inches. Place each roll on cabbage leaf and roll up loosely; enclose ends and leave room for expansion of air. Place rolls in shallow baking dish and cover with broth. Cover dish with foil and bake at 350° for 1 1/2 hours. Yield: 8 servings.

SCALLOPED CABBAGE

Virginia Favaro
Terlton, OK

4 c. cooked cabbage	1/8 tsp. pepper
4 T. flour	4 T. butter
2 tsp. salt	1 1/2 c. milk

Put a layer of cooked cabbage in a greased baking dish. Add one third of the flour, salt, pepper and butter. Continue in this manner layering until all ingredients are used. Add milk. Bake uncovered in 350° oven for 1 hour. Yield: 6 servings.

BOILED RED CABBAGE

1 head red cabbage (chopped)	3 T. vinegar
1 apple (chopped)	1 T. sugar
1 onion (chopped)	Salt
2 whole cloves	Bacon drippings

Combine ingredients and cover with water. Simmer until cabbage is tender. Yield: 8 servings.

SKILLET ZUCCHINI

1 lb. zucchini	1 tsp. salt
1 carrot	1/4 tsp. pepper
2 c. onion (thinly sliced)	Garlic salt (to taste)
1/4 c. olive oil	1 tsp. monosodium glutamate

Wash squash and slice in thin slices; cut carrot in half then in strips. Heat oil in heavy skillet; add seasoned vegetables, cover. Simmer until zucchini is tender. Yield: 4 servings.

SQUASH CASSEROLE

- | | |
|------------------------------------|---|
| 2 lbs. (6 c.) sliced yellow squash | 1 c. sour cream |
| 1/4 c. chopped onion | 1 c. shredded carrots |
| 1 can cream of chicken soup | 1 pkg. (8 oz.) herb seasoned stuffing mix |
| | 1/2 c. melted butter |

Cook squash and onion in boiling water for 5 minutes. Drain. Combine soup and sour cream. Stir in carrots. Fold in squash and onions. Combine stuffing mix and butter. Spread half of stuffing mix on bottom of 12x8 inch baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables. Bake in 350° oven for 30 minutes.

ZUCCHINI ROUNDS

Virginia Favaro
Terlton, OK

- | | |
|-------------------------------|-----------------------------------|
| 1/3 c. packaged biscuit mix | 2 slightly beaten eggs |
| 1/4 c. grated Parmesan cheese | 2 c. shredded zucchini (2 medium) |
| 1/8 tsp. pepper | 2 T. butter <u>or</u> margarine |

In mixing bowl, stir together biscuit mix, cheese and pepper. Stir in beaten eggs just till mixture is moistened. Fold in zucchini. In 10 inch skillet, melt butter or margarine over medium heat. Using 2 tablespoons mixture for each round, cook four rounds at a time about 2 to 3 minutes on each side, or till brown. Makes 12 rounds.

ZUCCHINI AND TOMATO SCALLOP

- | | |
|---------------------------------------|----------------------------|
| 3 T. bacon drippings | 2 T. flour |
| 1 T. onion (minced) | 1/2 tsp. salt |
| 2 c. unpared zucchini (thinly sliced) | 3/4 c. milk |
| 3 medium tomatoes (diced) | 2 slices white bread |
| 2 T. butter | 1/4 c. sharp cheese spread |

Saute' onions and zucchini in bacon drippings for 15 minutes. Remove from pan; add tomatoes to drippings and cook for 5 minutes. Arrange zucchini and tomatoes in alternate layers in small casserole. Melt butter; blend in flour and salt. Add milk and cook until thickened. Pour sauce over vegetables. Spread cheese on bread; cut into 3/4 inch cubes and sprinkle on top of casserole. Bake at 350° for 45 minutes. Yield: 8 to 10 servings.

SWISS PIE

1 1/2 lbs. summer squash (sliced)	3/4 tsp. salt
1/4 c. onion (chopped)	Dash pepper
1 1/2 c. Swiss cheese (grated)	2 eggs (slightly beaten)
1/4 c. parsley (chopped)	1/2 c. milk
2 T. flour	1/2 tsp. Worcestershire sauce
	1 unbaked 9 inch pastry shell

Cook squash and onion in boiling water for 20 minutes. Drain, mash and drain again. Stir in cheese, parsley, flour, salt and pepper. Combine eggs, milk and Worcestershire sauce and stir into squash mixture. Pour evenly into pastry shell. Bake at 450° for 10 minutes, lower temperature to 350° and continue baking until browned and firm. Cut into wedges and serve as a main course. Yield: 6 servings.

SAVORY SQUASH

1 lb. summer squash	3 T. green chili peppers (chopped)
1/3 c. saltines (crumbled)	2 eggs (lightly beaten)
1 onion (chopped)	1 1/2 c. milk
2 T. butter (melted)	1 1/4 tsp. salt
1/2 c. celery (finely diced)	Dash of pepper
1/2 c. Cheddar cheese (grated)	

Cook squash, drain and mash. Add remaining ingredients to squash and pour into greased baking dish. Bake at 375° for 25 minutes. Yield: 6 servings.

CANDIED SWEET POTATOES

Helen Carter Ventress

6 medium sweet potatoes (preferably red)	Water
Salt	3/4 c. packed brown sugar
	2 T. butter <u>or</u> margarine

Boil potatoes in 2 inches boiling salted water about 20 minutes or until almost fork tender. Cool slightly, slip off skins and cut potatoes lengthwise in halves. Place in baking dish. In small saucepan, over low heat, stir sugar, butter, 1/2 teaspoon salt and 1 tablespoon water until smooth. Spread over potatoes and bake in 350° oven 30 to 40 minutes or until tender, basting potatoes often with syrup. Makes 6 servings.

POTATO SOUP

6 medium potatoes	1 tsp. salt
1 small onion	1 T. margarine
3 slices bacon	1 c. milk

Peel potatoes and onions and cut into cubes. Fry bacon and cut in small pieces. Add to boiling potatoes and onion. Cook until tender. Drain off excess water and add salt, margarine and milk. Heat again until milk is hot. Serve immediately. Yield: 6 servings.

SCALLOPED POTATOES

H. Ventress

6 c. sliced potatoes	1 1/2 c. medium white sauce
Salt and pepper	(or I use can mushroom soup)
1/2 c. grated cheese	Buttered bread crumbs

Fill a well oiled baking dish with alternate layers of potatoes and thin white sauce. Cover with buttered bread crumbs. Cover. Bake in 350° oven 35 minutes.

10 SERVINGS CRISPY CHEESE POTATOESDelores Adams
Odessa, TX

6 c. thinly sliced peeled potatoes	2 T. melted butter
1 1/2 tsp. salt	1 c. shredded Cheddar cheese
	1/2 c. fresh bread crumbs

Set oven at 425°. In greased 13x9 inch pan, layer potatoes; sprinkle with salt. Drizzle melted butter over potatoes, sprinkle with cheese, then bread crumbs. Bake 30 minutes until tender.

GREEN CHILI CHEESE SQUARES

Delores Adams

1 lb. monterey Jack cheese (grated)	1/2 c. flour
1 lb. Cheddar cheese (grated)	1 (13 oz.) evaporated milk
2 1/2 (4 oz.) cans chopped green chilies (drained)	2 well beaten eggs

Mix the grated cheese; put half of cheese in 9x13 inch pan. Layer green chilies over cheese. Put other half of cheese over this. Pour other mixture over all. Bake 350° for 35 to 40 minutes. Cut into squares. Use this as a side dish. May be frozen.

BAKED BEANS

Helen Carter Ventress

1 lb. great northern <u>or</u> pea beans (rinsed)	1/2 c. molasses
6 c. water	1/4 c. packed brown sugar
4 oz. salt pork (sliced 1/4 inch thick)	2 tsp. salt
	1 medium onion (sliced)
	1 tsp. dry mustard

Soak beans in water overnight. Or bring to boil, boil 2 minutes, cover and let stand 1 hour. Return to boil, cover and simmer 1 hour, skimming off any foam. Stir in remaining ingredients, turn into bean pot, cover and bake in 300° oven 3 to 4 hours. Uncover and bake 1 hour or until crusty on top. Serve hot or cold. Makes 6 to 8 servings.

QUICK BAKED BEANS

6 slices bacon	1 tsp. mustard
2 (18 oz.) cans pork and beans	1/2 c. catsup
1/4 c. brown sugar	2 small onions (diced)

Brown bacon and crumble; add remaining ingredients and bake at 350° for 30 minutes. Yield: 10 servings.

MARY ANN'S BAKED BEANS

Mary Ann Lewis

2 (No. 303) cans pork and beans	1 T. Worcestershire sauce
1/2 c. brown sugar	1 T. A-1 steak sauce
1 T. chili powder	1 tsp. salt
1 small onion (chopped)	5 strips of bacon

Combine beans, sugar, chili powder, onion, sauces and salt. Pour into a casserole and top with bacon. Bake uncovered at 300° for 30 minutes. Yield: 8 to 10 servings.

FARMHAND PINTO BEANS

2 c. dry pinto beans (rinsed)	1 1/2 tsp. salt
2 qts. cold water	Chopped onions
1/4 lb. salt pork (sliced)	Catsup

Cover beans with water; bring to a boil and remove from heat. After 1 hour, add pork and salt. Cover and boil gently for several hours until beans are tender. Serve beans topped with onions and catsup. Yield: 6 servings.

SPANISH RICE

1 c. uncooked rice 1 small onion (chopped)
 1/2 c. bacon grease 1 small can tomatoes
 1 green pepper (chopped) Salt and pepper

Brown rice in bacon grease; add onion and pepper and saute'. Stir in tomatoes and simmer for 1 hour 15 minutes. Yield: 6 servings.

FRIED RICE

Virginia Favaro
 Terlton, OK

2 T. oil 4 c. cold cooked rice
 1/2 c. diced raw chicken or 1 chopped green onion
 pork or 5 to 6 slices 2 T. soy sauce
 bacon (chopped) 1 egg (well beaten)
 3 finely sliced mushrooms

Fry pork or chicken in oil. If bacon is used, no oil is required. Fry bacon and pour off all but 2 tablespoons drippings. Add mushrooms, rice, onion and soy sauce to meat. Fry over low fire for 10 minutes, stirring frequently. Add well beaten egg and fry and stir for 5 minutes more.

JAPANESE FRIED RICE

1/2 lb. bacon 1 c. onion (chopped)
 1/2 lb. beef steak Water
 1/2 lb. pork steak 2 T. soy sauce
 2 c. carrots (grated) 2 c. rice
 2 c. celery (chopped) 1 tsp. salt

Cut bacon, beef steak and pork steak in small pieces. Fry bacon, but not crisp. Remove from pan and brown beef and pork in fat. Remove the meat. Steam the vegetables in fat and 1/2 cup water until vegetables are soft. Add bacon, meat, soy sauce, rice, salt and enough water to cover. Cover and steam until rice is soft. Yield: 10 to 12 servings.

Never spend your money before you have it.

EGG FOO YONG

Virginia Favaro

1 c. bean sprouts
 4 eggs
 1 T. chopped green onion
 1 T. bamboo shoots (chopped)

1 T. fine chopped water chestnuts
 Salt (to taste)
 3/4 c. chopped seafood or meat

SAUCE:

1 c. chicken broth
 1/4 tsp. sugar
 Salt (to taste)

2 T. soy sauce
 Cornstarch

Beat eggs lightly with fork; stir in bean sprouts, onion, bamboo shoots, water chestnuts, seafood or meat, and salt. Mix well. Heat oil to cover bottom of skillet well, drop egg mixture in to form cakes and fry until brown. For sauce, heat chicken broth, sugar, salt, and soy sauce to boiling. Thicken with about 1 tablespoon of cornstarch mixed with small quantity of water. Cook sauce gently about 1 minute, stirring constantly. Serve over egg-vegetable-meat cakes.

DOYNE'S NOODLES AND SCRAMBLED EGGS

Virginia Favaro

1 pkg. noodles (cooked and
 drained)
 2 T. butter

4 to 6 eggs (well beaten)
 Salt and pepper

Melt butter in skillet and add eggs seasoned with salt and pepper. Start to scramble eggs partially, then add noodles and continue to stir and scramble until eggs are done. Children love them.

HOMEMADE SOUP

1 lb. stew meat
 1 large onion (chopped)
 1/2 c. pinto beans
 1/2 c. lima beans
 1/2 c. navy beans
 1 small turnip
 1 small cabbage

2 carrots (diced)
 1 small can whole kernel corn
 1 can tomatoes
 1 small can English peas
 1 potato (diced)
 3/4 c. macaroni

Saute' meat and onions in small amount of shortening. Add beans and enough water to cook. Let cook 1 hour and 30 minutes to 2 hours. Add turnip, cabbage, and carrots and let cook 30 minutes. Add remaining ingredients and cook about 1 hour until potatoes are tender. Yield: 6 to 8 servings.

DEVILED EGGS

6 hard-cooked eggs
1/4 c. mayonnaise
1 tsp. vinegar
1/2 tsp. salt

1 tsp. mustard
3 to 4 tsp. sugar
Dash of pepper

Cut eggs in half lengthwise; mix all ingredients with egg yolk. Fill in egg whites. Yield: 12 servings.

ADDITIONAL RECIPES

MEATS



MEATS

AMERICAN LASAGNE

- | | |
|--------------------------------|-------------------------------------|
| 1 (8 oz.) pkg. lasagne noodles | 1 tsp. salt |
| 1 T. shortening | 3/4 tsp. pepper |
| 1 lb. ground beef | 1/2 tsp. oregano |
| 2 cloves garlic (minced) | 1 (8 oz.) pkg. Swiss cheese (cubed) |
| 1 (6 oz.) can tomato paste | 1 (12 oz.) carton cottage cheese |
| 1 medium can tomatoes | Parmesan cheese |

Brown ground beef and garlic in hot **shortening**; add tomato paste, tomatoes, salt, pepper and oregano. Simmer covered for 20 minutes. In an 8x12 inch baking dish alternate layers of cooked lasagne noodles, Swiss cheese and cottage cheese. Cover with hot meat sauce. Bake at 350° for 30 minutes. Serve with grated Parmesan cheese. Yield: 8 servings.

BEEF STROGANOFF

- | | |
|--|------------------------------|
| 1 1/2 lbs. round steak (cut in 3/4 inch cubes) | 1 can cream of mushroom soup |
| 2 T. shortening | 1 can tomato soup |
| 1/2 c. onions (chopped) | 1 T. Worcestershire sauce |
| 1 clove garlic (minced) | 6 to 8 drops Tabasco |
| 1 (6 oz.) can mushrooms | 1/2 tsp. salt |
| 1 carton sour cream | 1/8 tsp. pepper |

Brown steak, onions, garlic and mushrooms in shortening. Add remaining ingredients. Cover and simmer for 1 hour and 30 minutes. Serve over rice, spaghetti, noodles or mashed potatoes.

HAMBURGER STROGANOFF

- | | |
|------------------------|-----------------------------|
| 1 lb. ground beef | 1/4 tsp. paprika |
| 1/2 c. onion (chopped) | 1 lb. mushrooms (sliced) |
| 1/4 c. margarine | 1 can cream of chicken soup |
| 2 T. flour | 1 c. sour cream |
| 2 tsp. salt | 1 large dill pickle (diced) |
| 1/2 tsp. pepper | |

Brown meat and onions in margarine. Add flour, salt, pepper and paprika. Stir until smooth. Add soup and mushrooms. Simmer for 15 minutes. Add sour cream and pickle. Serve over rice or noodles. Yield: 6 servings.

CAMPFIRE STEAKS AND VEGETABLES

FOR EACH SERVING:

- | | |
|--|-----------------------------------|
| 1 T-bone steak <u>or</u> cubed steak | 2 <u>or</u> 3 slices onion |
| 1 carrot (cut in fourths,
lengthwise) | 1 medium unpeeled potato (sliced) |
| | Salt <u>and</u> pepper |

Place ingredients in layers on a sheet of aluminum foil, add salt and pepper. Wrap loosely in foil, sealing all ends. Place on the coals of the fire; turn package several times. Cooking time is approximately 25 minutes.

PEPPER STEAK

Susan Kay Favaro
Las Vegas, Nevada

- | | |
|--|-----------------------------------|
| 1 to 1 1/2 lbs. round steak | Salt <u>and</u> pepper (to taste) |
| 1 large bell pepper (cut
into strips) | 1/2 tsp. season salt |
| 1 small can tomato sauce | 2 T. soy sauce |
| 1 small onion (chopped) | 1 small can of stewed tomatoes |
| Flour | Water |

Cut steak into strips and coat with flour. (Partially frozen steak slices easily into thin strips). Brown steak in bacon drippings in skillet. Add pepper and brown slightly. Remove steak and peppers from pan, add a small amount of flour to bacon drippings and brown. Return steak and peppers to pan and add onion, tomato sauce, stewed tomatoes, seasonings and 1 to 2 cups of water. Cover and simmer until steak is tender and sauce is of desired consistency. Yield: 4 servings.

SWISS STEAK

- | | |
|--|----------------------|
| 2 lbs. round steak (2 inches
thick) | 1/2 tsp. pepper |
| 1/2 c. flour | 3 T. shortening |
| 2 tsp. salt | 2 c. canned tomatoes |
| | 1 onion (diced) |

Combine flour, salt and pepper and pound into steak. Brown slowly on both sides in hot shortening. Mix tomatoes and onion, then heat. Pour tomato onion mixture over browned steak. Cover and simmer until tender, about 1 1/2 hours. Yield: 8 servings.

BEEF BRISKET SUPREME

4 lbs. brisket (rolled and tied) 1/4 tsp. savory
 1 c. red wine 1 can salsa
 1 tsp. powdered garlic 1 medium onion (chopped)
 2 T. cooking oil 1 medium pkg. wide noodles
 Salt and pepper (to taste) 3/4 T. flour
 1/2 tsp. dill weed 1 can mushrooms
 Pinch of oregano

Marinate rolled brisket overnight in wine and garlic. Turn occasionally. Remove meat from wine and sear all sides of meat in hot oil. Add salt, pepper, dill, oregano, savory, salsa and onion. Pour wine over top. Cover tightly and cook in 300° oven for 4 to 5 hours.

When tender, remove from liquid and keep warm. Mix flour in small amount of water and add to liquid in pan. Cook until thickened. Add cooked and drained noodles and mushrooms. Arrange noodles on serving platter. Slice meat across grain and surround noodles on platter. Yield: 6 to 8 servings.

COMPANY ROAST BEEF

4 lbs. chuck roast 4 T. wine vinegar
 Salt and pepper (to taste) 1/2 c. suet

Rub roast with salt and pepper; pour vinegar over both sides of roast. Place in heavy foil with suet and wrap. Poke a few holes in bottom of foil and roast at 325° until tender. Yield: 8 servings.

POOR MAN'S ROAST

4 lbs. chuck roast 1 pkg. onion soup mix (dry)
 1 can cream of mushroom soup

Spread soup and soup mix over roast. Wrap in aluminum foil. Place in roasting pan and bake at 300° for 4 hours. Yield: 6 to 8 servings.

HAMBURGER CASSEROLE

1/4 c. onion (chopped) 2 cans corn
 1/4 c. green pepper (chopped) 1 can mushroom soup
 1 lb. ground beef 1 c. cheese (grated)

Brown meat, onion and green pepper. Add corn, soup and grated cheese. Pour into casserole and bake at 350° for 45 minutes. Yield: 6 servings.

EVERY DAY POT ROAST

4 lbs. chuck roast

Flour

Salt and pepper

1/3 c. horseradish

8 small onions (peeled)

8 carrots (peeled)

4 potatoes (peeled and halved)

Dredge meat in flour, salt and pepper. Brown well on all sides in large heavy skillet or Dutch oven. Spread with horseradish. Add small amount of water, cover and simmer for 2 to 3 hours. Add vegetables and cook 1 more hour. Yield: 6 to 8 servings.

HAMBURGER CORN PONE PIE

1 lb. ground beef

1/3 c. onion (chopped)

1 T. shortening

1 tsp. Worcestershire sauce

2 tsp. chili powder

1 c. canned tomatoes

1 c. canned kidney beans (drained)

1 c. corn bread batter (1/2 pkg. corn muffin mix)

Brown meat and onion in shortening; add seasonings and tomatoes. Cover and simmer for 15 minutes; add beans. Pour into greased casserole and top with corn bread batter. Spread evenly. Bake at 425° for 20 minutes. Yield: 4 servings.

HAMBURGER GOULASH

1/2 to 1 lb. hamburger

1 c. instant rice

1 medium can whole kernel corn

1 small can tomato sauce

Dash of garlic salt

Salt and pepper (to taste)

Brown hamburger in skillet; pour off excess grease. Put meat in a casserole and add other ingredients; mix well. Cook in 350° oven for 20 minutes. Yield: 4 servings.

HAM-BEEF LOAF

2 lbs. ground beef

1 lb. cured ham (ground)

3 eggs (beaten)

1 c. milk

1 1/2 c. bread crumbs

2 T. prepared mustard

3 T. brown sugar

Combine ingredients and mix well. Shape into loaf and add small amount of water around loaf. Cover and bake at 375° for 45 minutes. Yield: 8 to 10 servings.

BARBECUE MEAT LOAF

- | | |
|---------------------------|------------------------|
| 1 lb. hamburger | 1 egg |
| 1 tsp. salt | 1 tsp. minced onion |
| 1 c. fine bread crumbs | 3/4 c. milk |
| 1 T. prepared mustard | Bottled barbecue sauce |
| 1 T. Worcestershire sauce | |

Combine all ingredients except barbecue sauce and mix well. Add enough milk to make mixture very soft. Pat loosely into loaf shape and place in baking pan. Bake at 350° for 1 hour. When loaf has baked long enough to appear gray but not crusted, cover generously with barbecue sauce; cover with lid and finish baking. Yield: 4 servings.

MEAT LOAF

- | | |
|--------------------------|---------------------------|
| 1 1/2 lbs. ground beef | 2 T. Worcestershire sauce |
| 1 c. cracker crumbs | 1 egg |
| 1 1/2 T. onion (chopped) | 3/4 c. milk |
| 2 tsp. salt | 1 can tomato soup |
| 1/2 tsp. pepper | |

Mix all ingredients except soup, together lightly and shape into a loaf. Place in a baking pan. Cover with tomato soup and bake at 300° for 1 hour. Yield: 6 to 8 servings.

BEST MEAT LOAF

- | | |
|-------------------------|-------------------------------|
| 1 1/2 lbs. ground beef | 1/4 c. green pepper (chopped) |
| 1/2 lb. ground pork | 1 1/2 tsp. salt |
| 3/4 c. dry bread crumbs | 3/4 tsp. sage |
| 1/2 c. milk | 1/4 tsp. pepper |
| 2 eggs (beaten) | Chili sauce |
| 1/2 c. onion (chopped) | |

Soak bread crumbs in milk; add remaining ingredients except chili sauce. Mix well. Pack into 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan to shape. Invert on shallow baking pan. Score loaf diagonally with handle of wooden spoon. Bake at 350° for 1 hour. Fill scored marks on top with chili sauce. Bake 15 minutes longer. Yield: 6 to 8 servings.

SAVORY BEEF AND VEGETABLE STEW

Mrs. Glen Adams

6 T. salad oil	1 (8 oz.) can tomato sauce
3 lbs. beef (cut in 1 1/2 inch cubes)	1 can tomatoes
1 c. chopped onion	2 beef bouillon cubes
1 c. chopped green pepper	2 c. water
1 c. sliced celery	1 1/2 T. salt
2 T. finely chopped parsley	1/4 tsp. pepper
1 clove garlic (finely chopped)	1/8 tsp. dried thyme leaves
	1 bay leaf

Brown beef in oil, remove and set aside. Add chopped vegetables, saute' until tender. Return beef to pan. Add seasonings and liquids. Bring to boiling. Reduce heat and simmer covered 1 1/4 hours. Add 6 potatoes (cubed), 6 carrots (sliced), 6 small white onions. Simmer covered 1 hour or longer. You may add 2 tablespoons flour mixed with 2 tablespoons water to thicken. Oh so good. It's worth the trouble.

PORCUPINES (meatballs in sauce)

Delores Adams

SAUCE: (combine and cook 10 minutes)

4 c. tomato juice	1 tsp. brown sugar
2 tsp. chili powder	1/2 tsp. celery seed
1 tsp. Worcestershire	1/4 tsp. allspice

Mix and shape in balls: 1 lb. hamburger, 1/2 cup uncooked Minute Rice, 1/2 cup chopped onion, 1/2 cup chopped green pepper, 1/2 cup celery, 1 egg, 1 1/2 tsp. salt, 1/4 tsp. pepper, 2 tsp. prepared mustard. Pour sauce over meatballs, cover, bake 350° 1 hr.

BARBECUED MEATBALLS

1 lb. ground beef	2/3 c. milk
1 tsp. salt	3/4 c. oatmeal
1/8 tsp. pepper	2 T. shortening

SAUCE:

1/2 c. catsup	2 T. brown sugar
2 T. vinegar	1 T. Worcestershire sauce
2 tsp. mustard	

Mix beef, salt, pepper, milk and oatmeal. Shape into 12 meatballs. Melt shortening in skillet and brown meatballs evenly. While meatballs are browning, prepare barbecue sauce. Combine the catsup, vinegar, mustard, brown sugar and Worcestershire sauce. Mix thoroughly. Place browned meatballs in casserole dish, pour sauce over meatballs; bake at 350° for 30 minutes. Yield: 4 servings.

SWEET AND SOUR MEATBALLS

Virginia Favaro

1/4 c. dry bread crumbs	1 <u>each</u> red <u>and</u> green sweet peppers
1 tsp. dried minced onion	(cut in wedges)
1 tsp. salt	1 1/2 c. water
Dash pepper	1/3 c. vinegar
1/2 c. water	1/3 c. brown sugar
1 lb. ground beef	2 T. soy sauce
1 egg	2 T. cornstarch
1 c. sliced celery	4 pineapple slices (halved)

Mix together bread crumbs, seasonings and 1/2 cup water. Add ground beef and egg. Shape into 16 balls. Brown slowly in a little oil. Remove meatballs. Saute' celery and green and red peppers for 5 minutes in the skillet. Remove vegetables from skillet. Mix together in skillet 1 1/2 cups water, vinegar, brown sugar and soy sauce to heat. Add cornstarch mixed with a little water. Cook, stirring for 3 minutes. Add meatballs, celery, peppers and pineapple. Heat. Serve with rice or chow mein noodles. Yield: 4 servings.

SWEDISH MEATBALLS

Virginia Favaro

20 (2 inch) gingersnap cookies	1 tsp. salt
1/2 c. milk	1/2 tsp. pepper
1 egg (slightly beaten)	1/4 tsp. allspice
1 lb. ground beef	1/4 c. butter
1/2 lb. lean ground pork	1/4 c. unsifted flour
1/4 c. onion (finely chopped)	2 beef bouillon cubes

With rolling pin, crush gingersnaps between two sheets of waxed paper. Measure 1 1/4 cups. In large bowl, combine gingersnap crumbs with milk and egg. Add ground beef, pork, onion, salt, pepper, and allspice. Using hands, mix well to combine. Refrigerate, covered, 1 hour. With moistened hands, shape mixture into meatballs, 1 1/2 inches in diameter.

Preheat oven to 325°. In hot butter in a large skillet, saute' meatballs (just enough at one time to cover bottom of skillet) until browned all over. Remove to a 2 qt. casserole as they brown. Remove the skillet from heat. Pour off drippings; measure 1/4 c., adding more butter if necessary. Pour back into skillet; add flour, stirring to make a smooth mixture. Gradually stir in 1 1/2 c. water. Add bouillon cubes. Bring mixture to boiling, stirring constantly. Pour over meatballs in casserole dish. Bake, covered 1 hour. Serve with noodles if desired. Yield: 6 servings.

SWEDISH MEATBALLS

Rada Fabela

1 lb. finely ground beef
 1/2 c. fine dry bread crumbs
 1 egg
 2 T. grated onion
 1 tsp. salt
 1/8 tsp. pepper
 1/8 tsp. nutmeg
 2/3 c. milk

Mix all together and gently form into small balls (1 1/2 inch). Brown in hot fat. Add about 1/4 cup hot water cover. Simmer 20 minutes. Serve hot, with slightly thickened pan gravy. Makes 6 servings.

EASY STEW (cook in large size slow cooker)

Mrs. Glen Adams

2 lbs. ground beef (brown)

HEAT TO BOILING:

1 large can V-8 juice

ADD:

3 carrots (sliced)
 6 potatoes (sliced)
 1 onion (chopped)

ADD SMALL CANS: (1 c. size, liquid and all)

1 whole kernel corn
 1 green beans
 1 lima beans
 1 English peas
 1 spinach (chop fine)
 1 bay leaf
 1 clove garlic
 Salt and pepper

Few drops Tabasco. Cook in large size slow cooker, all day or on stove top until potatoes and carrots are done and flavors blend.

HERB-BEEF STEWVicki Gilbert
Terlton

1 lb. stew meat
 1 tsp. salt
 1/4 tsp. pepper
 1 c. flour
 2 T. shortening
 2 cloves garlic
 1 tsp. dried dill
 3/4 tsp. basil
 1/2 tsp. thyme
 1/2 tsp. savory
 2 bay leaves (crushed)
 2 cans tomatoes
 1 lb. white onions
 1 bunch carrots
 4 medium potatoes

Roll stew meat in seasoned flour and brown in shortening in heavy stew pan. Add minced garlic, dill, basil, thyme, savory and bay leaves. Cover with water and simmer for 2 hours or until meat is tender. Add 2 cans of tomatoes, onions, diced carrots and cut up potatoes and cook until vegetables are tender. Yield: 6 servings.

GERMAN MEATBALL STEW

1 1/2 lbs. ground beef
 1 large potato (pared and
 grated)
 1 egg
 1 1/2 tsp. salt
 1/2 tsp. ground ginger
 1/4 tsp. pepper
 2 T. vegetable oil
 2 large onions (sliced)

1 lb. pkg. carrots (pared and
 cut into 2 inch pieces)
 1 can (12 oz.) beer
 2 envelopes or tsp. instant beef
 broth
 2 c. water
 1/4 c. flour
 Puffy Dumplings (recipe follows)

Combine ground beef, potato, egg, salt, ginger and pepper in large bowl; shape into 24 small balls. Brown meatballs, a few at a time, in vegetable oil in a large kettle; remove meatballs. Saute' onion slices and carrots in pan drippings for several minutes. Stir in beer, beef broth and 1 1/2 cups of the water; return meatballs to kettle. Bring to boiling; cover kettle; lower heat. Simmer 30 minutes or until vegetables are almost tender.

Combine flour and remaining 1/2 cup of water in a cup. Stir into bubbling liquid; cook, stirring gently, 3 minutes. Drop Puffy Dumplings in a ring on top of stew; cover kettle. Steam 20 minutes, or until dumplings are puffed and light. (Do NOT open kettle while dumplings are steaming).

PUFFY DUMPLINGS:

1 1/2 c. all-purpose flour
 3 tsp. baking powder
 1/2 tsp. salt

1/4 c. finely chopped parsley
 2/3 c. milk

Sift dry ingredients into a medium size bowl. Stir in chopped parsley until well blended. Stir in milk just until ingredients are moist. Makes 6 dumplings.

TEXAS CASSEROLE

1 1/2 lbs. ground beef
 1 small onion (chopped)
 1 can mushroom soup

1 pkg. wide noodles (cooked)
 1/4 lb. cheese (grated)
 1 pkg. corn chips (crushed)

Brown beef and onions; add soup, noodles and 1/2 cup water. Pour into buttered baking dish; cover with cheese and crushed chips. Bake at 350° for 30 minutes. Yield: 8 servings.

GREEN CHILI CASSEROLE (freezes well)

Delores Adams

We love this stuff!

- | | |
|--|------------------------------|
| 2 lbs. hamburger | 1 soup can milk |
| 1 onion | 1 can enchilada sauce |
| 1 can green chili peppers
(chopped) | 1 c. grated cheese |
| 1 can cream mushroom soup | 1 pkg. Dorito tortilla chips |
| 1 can cream chicken soup | Salt <u>and</u> pepper |

Brown meat and onion. Pour off excess grease. Mix soups, milk and enchilada sauce and chili peppers, salt and pepper. Heat together. Layer in large baking dish, meat, chips, soup mix, alternating until all is used. Top with cheese. Bake until bubbly hot in 350° oven, about 20 minutes.

BEEF-VEGETABLE CASSEROLE

- | | |
|------------------------|--------------------------------|
| 1 1/2 lbs. ground beef | 1 c. potatoes (grated) |
| 1 egg | 1 large onion (finely chopped) |
| 1 1/2 tsp. salt | 2 T. fat |
| 1/2 tsp. pepper | 1 can cream of mushroom soup |
| Dash garlic salt | 1/2 c. milk |
| 1 c. carrots (grated) | |

Combine all ingredients except soup and fat and milk. Shape into patties, roll in flour and lightly brown in hot fat in skillet. Mix soup and milk and heat and pour over patties arranged in a casserole. Bake at 350° for 30 to 40 minutes. Yield: 6 to 8 servings.

HAMBURGER CASSEROLE

Mrs. Glen Adams

MIX AND LET SET:

- | | |
|-----------------------|----------------------|
| 1 1/2 c. Minute Rice | 1/2 c. grated cheese |
| 1 1/2 c. tomato sauce | 1/2 c. water |

I salt and pepper this mixture too.

MIX:

- | | |
|----------------------|------------------------|
| 1 1/2 lbs. hamburger | 1/2 c. green pepper |
| 1/2 c. tomato sauce | 1/2 c. cracker crumbs |
| 1 chopped onion | Salt <u>and</u> pepper |

Line casserole with meat. Pour rice mixture on top of meat. Cover; bake 350° for 1 hour. Good company dish. You can put Ro-tel tomatoes in rice mix for Mexican flavor.

HAMBURGER, NOODLES AND SOUR CREAM SKILLET

- | | |
|------------------------|-----------------------------|
| 1 c. onions (minced) | 1/4 tsp. thyme |
| 2 T. butter | 2 tsp. Worcestershire sauce |
| 1 lb. ground hamburger | 1 tsp. salt |
| 6 oz. noodles | 1/2 tsp. pepper |
| 3 c. tomato juice | 1 c. sour cream |
| 1 tsp. celery salt | |

Cook onions in butter until soft and golden brown. Add meat and brown. Spread noodles over meat. Add remaining ingredients except sour cream. Cover and simmer for 30 minutes, stirring occasionally. Stir in sour cream when ready to serve. Yield: 4 to 6 servings.

SATURDAY NIGHT SPECIAL (skillet)

- | | |
|------------------------------------|-------------------------------|
| 1 lb. ground beef | 1 tsp. salt |
| 1 1/2 lb. can pork and beans | 1 large onion (thinly sliced) |
| 1 (No. 303) can tomatoes (drained) | 2 slices bacon |
| | 1/4 c. brown sugar |

Brown meat in hot skillet. Drain. Add pork and beans, tomatoes and salt. Pour half the mixture into baking dish; add layer of onions and cover with remaining beef mixture. Top with strips of bacon and sprinkle top with brown sugar. Bake at 350° for 1 hour. Yield: 8 servings.

ZUCCHINI BEEF SKILLET

Helen Carter Ventress

- | | |
|-----------------------------|--|
| 1 lb. ground beef | 2 large tomatoes (peeled <u>and</u> chopped) |
| 1 c. chopped onion | |
| 3/4 c. chopped green pepper | 1 1/4 c. fresh whole kernel corn (about 3 medium sized ears) |
| 1 clove garlic (minced) | 2 T. chopped pimientos |
| 1 1/2 tsp. salt | 1/4 c. chopped fresh parsley |
| 1/4 tsp. pepper | 5 c. sliced zucchini <u>or</u> summer squash |
| 1 tsp. chili powder | |

Saute' beef, onion, green pepper and garlic in 12 inch skillet until well browned. Add remaining ingredients. Cover and simmer 10 to 15 minutes or until vegetables are tender. Makes 6 servings.

SKILLET LASAGNE

Helen Carter Ventress

- | | |
|---|--|
| 1 (1 lb. 12 oz.) can Italian style tomatoes | 1 clove garlic (minced) |
| 1 (6 oz.) can tomato paste | 1 (1 1/2 oz.) envelope spaghetti sauce mix |
| 2 T. chopped fresh parsley | 1/2 tsp. salt |
| 1 tsp. dried oregano leaves | 1 lb. large curd cottage cheese |
| 1/2 tsp. dried basil leaves | 4 c. uncooked medium noodles |
| 1 lb. bulk pork sausage | 8 oz. mozzarella cheese (shredded) |
| 1/2 c. chopped onion | |

Puree' tomatoes and tomato paste in blender until smooth. Stir in parsley, oregano and basil; set aside. Saute' pork sausage, onion and garlic in 12 inch skillet until well browned. Pour off excess fat. Stir in half of spaghetti sauce mix and salt. Spoon cottage cheese evenly over meat mixture. Arrange noodles on top. Sprinkle with remaining sauce mix. Pour tomato mixture over noodles. Press down gently with spoon to be sure all noodles are moistened. Cover and simmer 15 minutes or until noodles are tender. Sprinkle with mozzarella cheese. Simmer, covered, 5 more minutes. Makes 8 servings.

CHICKEN RICE SKILLET

Helen Carter Ventress

- | | |
|---|-------------------------------|
| 1 c. chopped celery | 1 c. regular rice |
| 1/2 c. chopped onion | 1 1/2 c. diced, pared carrots |
| 1/2 c. butter | 1 tsp. salt |
| 2 (10 3/4 oz.) cans condensed chicken broth | 1/8 tsp. pepper |
| 1/8 tsp. powdered saffron | 3 c. cubed, cooked chicken |
| | 1/4 c. chopped fresh parsley |

Saute' celery and onion in melted butter in 12 inch skillet until tender (do not brown). Add enough water to chicken broth to make 3 1/2 cups. Add to sauteed vegetables with saffron, rice, carrots, salt, and pepper. Cover and simmer 15 minutes. Add chicken and parsley; cover and simmer 5 more minutes or until rice is tender. Makes 6 servings.

CROCK POT CHICKEN

Jean Sparks

- | | |
|------------------------|------------------|
| 1 cut up fryer | 2 c. Minute Rice |
| 2 cans mushroom soup | 1 can water |
| Salt <u>and</u> pepper | |

In crock pot put rice, layer chicken, and 2 cans of mushroom soup and salt and pepper. Pour over water and turn on low until done. Check after 4 hours to see if more liquid is needed. 8 to 10 hours on low setting.

CREAMY HAM AND POTATO SKILLET

Helen Carter Ventress

- | | |
|---|----------------------------------|
| 5 c. sliced, pared potatoes
(1/4 inch) | Milk |
| 1 lb. fresh green beans (cut
in 1 inch length) | 1 c. chopped onion |
| 1 c. chopped celery | 1/4 c. butter |
| 1 1/2 c. water | 1/4 c. flour |
| 1/2 tsp. salt | 2 c. cubed, fully cooked ham |
| | 2 T. chopped fresh parsley |
| | 1 1/2 c. shredded Cheddar cheese |

Combine potatoes, green beans, celery, water and salt in 12 inch skillet. Cover and simmer 15 minutes. Drain vegetables; reserve cooking liquid. Add enough milk to cooking liquid to make 2 1/2 cups; set aside. Saute' onion in melted butter in same 12 inch skillet until tender (do not brown). Add flour; blend well. Gradually stir in milk mixture. Cook, stirring constantly, until sauce thickens. Boil 1 minute. Add drained vegetables, ham and parsley. Cover and simmer 10 minutes. Sprinkle with Cheddar cheese. Cover and simmer 5 more minutes or until cheese is melted. Makes 6 servings.

ONE-STEP SPAGHETTI AND MEATBALLS (6 quart Presto cooker)

- | | |
|-------------------------------|-------------------------|
| 1 lb. ground beef | 1 large onion (chopped) |
| 1 (10 1/2 oz.) pkg. spaghetti | 1/4 c. brown sugar |
| 2 qts. tomato juice | 1/4 tsp. pepper |
| 1 tsp. salt | |

Shape beef into meatballs. Combine ALL ingredients in a 6 quart saucepan. Bring to a boil; boil for 5 minutes. Turn heat off and let stand for 30 minutes. Yield: 8 servings.

HAMBURGER CASSEROLE (crock pot)

Jean Sparks

- | | |
|--|----------------------------------|
| 2 large potatoes (sliced) | 2 stalks celery (sliced) |
| 2 <u>or</u> 3 carrots (sliced) | 1 1/2 lbs. ground beef (browned) |
| 1 (No. 2) can peas <u>or</u> string
beans (drained) | 1 (10 oz.) can tomato soup |
| 3 medium onions (sliced) | 1 (10 oz.) can water |

Place layer of vegetables in the order given in crock pot. Season each layer with salt and pepper. Put the lightly browned ground beef on top of the celery. Mix tomato soup with water and pour into crock pot. Cover and set on low for 6 to 8 hours. (High 2 to 4 hours, stirring occasionally).

CROCK POT ROAST BEEF

Pawnee County Extension Office

3 to 4 lb. brisket, rump roast or pot roast
 2 to 3 potatoes (pared and sliced)
 1 to 2 onions (sliced)
 Salt and pepper (to taste)
 1/2 c. water or beef consomme'

Put vegetables in bottom of crock pot. Salt and pepper meat. Then put into pot. Add liquid, cover and cook on low for 10 to 12 hours. Remove meat and vegetables with spatula. Thicken juices with flour for gravy, cooking on high until thickened.

CROCK POT SMOTHERED STEAK

Pawnee County Extension Office

1 1/2 lbs. chuck or round steak (cut in strips)
 1 lb. can tomatoes
 2 T. molasses (optional)
 1/3 c. flour
 1 (4 oz.) can mushrooms (drained)
 1/4 tsp. pepper 1/4 tsp. salt
 3 T. soy sauce
 1 large onion (sliced)
 1 (10 oz.) pkg. frozen French style green beans
 1 or 2 green peppers (sliced)

Put steak strips, flour, salt and pepper in cooker. Stir well to coat steak. Add all remaining ingredients. Cover and cook on high for one hour and then turn to low for eight hours. Serve with rice.

SKILLET LASAGNE

Helen Carter Ventress

1 (1 lb. 12 oz.) can Italian style tomatoes
 1 (6 oz.) can tomato paste
 2 T. chopped fresh parsley
 1 tsp. dried oregano leaves
 1/2 tsp. dried pork sausage
 1/2 c. chopped onion
 1 clove garlic (minced)
 1 (1 1/2 oz.) envelope spaghetti sauce mix
 1/2 tsp. salt
 1 lb. large curd cottage cheese
 4 c. uncooked medium noodles
 8 oz. mozzarella cheese (shredded)
 1/2 tsp. dried basil leaves

Puree' tomatoes and tomato paste in blender until smooth. Stir in parsley, oregano and basil; set aside. Saute' pork sausage, onion and garlic in 12 inch skillet until well browned. Pour off excess fat. Stir in half of spaghetti sauce mix and salt. Spoon cottage cheese evenly over meat mixture. Arrange noodles on top. Sprinkle with remaining sauce mix. Pour tomato mixture over noodles. Press down gently with spoon to be sure all noodles are moistened. Cover and simmer 15 minutes or until noodles are tender. Sprinkle with mozzarella cheese. Simmer, covered, 5 more minutes. Makes 8 servings.

ZUCCHINI BEEF SKILLET

Helen Carter Ventress

- | | |
|-----------------------------|--|
| 1 lb. ground beef | 5 c. sliced zucchini <u>or</u> summer squash |
| 1 c. chopped onion | 2 large tomatoes (peeled <u>and</u> chopped) |
| 3/4 c. chopped green pepper | 1 1/4 c. fresh whole kernel corn (about 3 medium sized ears) |
| 1 clove garlic (minced) | 2 T. chopped pimientos |
| 1 1/2 tsp. salt | 1/4 c. chopped fresh parsley |
| 1/4 tsp. pepper | |
| 1 tsp. chili powder | |

Saute' beef, onion, green pepper and garlic in 12 inch skillet until well browned. Add remaining ingredients. Cover and simmer 10 to 15 minutes or until vegetables are tender. Makes 6 servings.

FRANKFURTER CHEESE BOATS

- | | |
|--|---|
| 1 can cream of mushroom soup | 8 frankfurters |
| 1/2 c. milk | 4 slices cheese (cut in strips) |
| 2 pkgs. frozen cut green beans (cooked <u>and</u> drained) | 4 slices partially cooked bacon (cut in half) |

Stir soup until smooth, adding milk and blend, then add green beans and mix. Place mixture in a 12x8x2 inch baking dish. Slit frankfurters lengthwise to about 1/2 inch from each end to form a pocket; stuff with cheese. Arrange frankfurters on green bean mixture; top with bacon and bake at 350° for 25 minutes. Yield: 4 to 6 servings.

YANKEE FRANKS AND NOODLES

- | | |
|----------------------------------|--------------------------------|
| 1 lb. frankfurters (cut in half) | 1/2 c. milk |
| 1/2 c. chopped onion | 1/2 c. chopped canned tomatoes |
| 1/2 tsp. basil <u>or</u> oregano | 2 c. cooked wide noodles |
| 2 T. butter <u>or</u> margarine | 2 T. chopped parsley |
| 1 can cream of celery soup | |

In skillet, brown frankfurters and cook onion with seasoning in butter until tender. Stir in soup, milk, and tomatoes. Add noodles and parsley. Heat, stirring now and then until heated thoroughly.

BARBECUE SAUCE

Delores Adams

So good on chicken, pork and beef.

2 medium onions (chopped)	3 tsp. chili powder
1 c. catsup	1 tsp. salt
2 c. water	1 tsp. black pepper
1/2 c. vinegar	2 T. sugar
1 T. Worcestershire sauce	1/4 tsp. cayenne

Combine all ingredients and cook slowly until onions are done.

BARBECUE SAUCE

1/4 c. vinegar	Dash of pepper
1/2 c. water	1/4 tsp. cayenne pepper
2 T. sugar	1 thick slice lemon
1 T. mustard	1 onion (sliced)
1/2 c. butter	1/2 c. catsup
Dash of salt	2 T. Worcestershire sauce

Combine vinegar, water, sugar, mustard, butter, salt, pepper, lemon and onion. Simmer for 20 minutes. Add catsup and Worcestershire sauce. Bring to a boil and simmer 10 minutes longer.

ROAST PORK SHOULDER

1 (4 to 6 lb.) fresh pork shoulder	1/3 c. apple cider
1 tsp. salt	1/8 tsp. ground cloves
1/3 c. apple butter	1/8 tsp. ground thyme

Sprinkle pork with salt. Place pork on a rack in a shallow roasting pan. Insert meat thermometer into center of thickest part of meat. Bake 35 to 40 minutes per pound or until thermometer registers 185°, about 3 hours. One half hour before roast is done, combine apple butter, cider, cloves and thyme. Spread evenly over roast and continue to bake 30 minutes. Baste frequently with drippings in pan. Yield: 8 to 10 servings.

PORK AND BEANS LUAU

Ruth H. Moore

1 medium green pepper (cut in 1 inch squares)	1 can pork and beans
1/4 c. diagonally sliced green onion	1/2 c. pineapple tidbits
1 medium clove garlic (minced)	1/4 can soaked water chestnuts
	1 tsp. soy sauce
	2 T. oleo

Cook pepper, onions and garlic in oleo. Add remaining ingredients. Heat and serve.

SWEET AND SOUR PORK

- | | |
|--|------------------------|
| 1 1/2 lbs. pork shoulder (cut in 1 inch cubes) | 1/3 c. vinegar |
| 1 egg (slightly beaten) | 2 T. brown sugar |
| 1/2 c. flour | 1 T. molasses |
| 1/2 tsp. salt | 3 T. cornstarch |
| 1/4 c. water | 1/4 c. water |
| 1 c. cooking oil | 1 tomato (diced) |
| 1 can pineapple cubes (drained) | 1 green pepper (diced) |

Combine egg, flour, salt and water. Dip pork pieces in egg mixture and fry 15 minutes in oil. Add water to pineapple juice to make 1 cup and add vinegar, brown sugar and molasses. Heat mixture to boiling and thicken with cornstarch added to 1/4 cup water. Add pork, pineapple cubes and tomatoes and pepper; simmer for 15 minutes.

SWEET AND SOUR PORK

- | | |
|---|------------------------------|
| 1 1/2 lbs. lean pork (cut in 1/2x2 inch strips) | 1/4 c. vinegar |
| Fat | 2 T. soy sauce |
| 1/4 c. water | 1/2 tsp. salt |
| 1 (No. 2) can pineapple chunks | 3/4 c. green pepper strips |
| 1/4 c. brown sugar | 1/4 c. onion (thinly sliced) |
| 2 T. cornstarch | 2 cans chow mein noodles |

Brown pork slowly in hot fat. Add water; cover and simmer until tender, about 1 hour. Drain pineapple, reserving liquid. Combine pineapple juice, brown sugar, cornstarch, vinegar, soy sauce and salt. Cook and stir over low heat until thick. Pour over hot cooked pork; let stand 10 minutes. Add pineapple, green pepper and onion; cook 5 minutes. Serve over chow mein noodles. Yield: 6 servings.

VEAL CUTLETS WITH SOUR CREAM

- | | |
|--------------------------------------|--------------------------|
| 2 1/2 lbs. veal (cut 1/2 inch thick) | 4 T. shortening |
| 1/2 c. flour | 1/2 tsp. paprika |
| 1/2 tsp. salt | 3 medium onions (sliced) |
| Pepper (to taste) | 1 c. sour cream |

Continued Next Page.

VEAL CUTLETS WITH SOUR CREAM (Continued).

Cut veal into serving portions. Season flour with salt and pepper. Roll each piece of veal in flour mixture. Melt shortening and add paprika. Saute' onions slightly. Add veal; brown on all sides. Gradually add sour cream; cover pan and simmer gently about 1 hour. NOTE: if gravy becomes too thick, add a small amount of hot water at serving time. Yield: 6 servings.

SAUSAGE-MUSHROOM PIZZA

Helen Carter Ventress

Prepare pizza dough a few hours ahead or night before.

- | | |
|-------------------------------------|---|
| 1 to 1 1/2 lbs. sweet Italian | 1/2 tsp. salt |
| sausage (casings removed) <u>or</u> | 2 pizza crusts |
| pork sausage meat | 1/2 to 3/4 lb. mozzarella cheese |
| 1 can (15 oz.) tomato sauce | (shredded) |
| 1 can (6 oz.) tomato paste | 1 c. chopped onion |
| 2 cloves garlic (crushed) | 1 large green pepper (cut in |
| 1 tsp. basil <u>or</u> to taste | chunks) |
| 1 to 2 tsp. oregano | 1 c. sliced mushrooms |
| 1/2 to 1 tsp. crushed red | 2/3 c. grated Romano <u>or</u> Parmesan |
| pepper | cheese |

Saute' sausage until browned; drain fat; set aside. Combine tomato sauce and paste, garlic, basil, oregano, red pepper and salt. Spread each crust with half the tomato mixture, then top each with half the sausage, mozzarella, onion, green pepper, mushrooms and Romano cheese. Bake one at a time on lowest rack in preheated 450° oven 15 minutes or until crust is browned and onion tender. Each pizza makes 4 servings.

GYPSY GOULASH

- | | |
|----------------------------|----------------------------------|
| 1/2 lb. bacon (chopped) | 2 green peppers (finely chopped) |
| 1 (No. 2 1/2) can tomatoes | 2 medium onions (finely chopped) |
| 1/4 tsp. cayenne pepper | 1 (No. 2) can red kidney beans |
| 1/8 tsp. cloves | |

Fry bacon and onions. Pour off drippings. Add tomatoes, cayenne pepper, cloves and green peppers; simmer for 30 minutes or until tender. Add kidney beans; heat and serve. Yield: 4 servings.

POLYNESIAN STYLE HAM

Virginia Favaro
Terlton, OK

- | | |
|--|---------------------------|
| 1 lb. cooked ham (cut in 3/4 inch cubes) | 2 tsp. soy sauce |
| 1 can (11 oz.) mandarin oranges | 1/4 tsp. cinnamon |
| 1 can (13 1/2 oz.) pineapple chunks | 2 tsp. chopped onion |
| Water | 2 T. chopped green pepper |
| 2 T. cornstarch | 1 c. sliced cooked celery |
| | 3 c. cooked rice |
| | 1/4 tsp. ginger |

Drain orange segments and pineapple chunks, reserving liquid. Add enough water to fruit liquid to make 2 cups. Combine cornstarch and spices in saucepan. Add fruit liquid, soy sauce, onion and green pepper. Cook, stirring constantly, until thickened. Add ham, fruit and celery. Cook until heated through. Serve over rice. Yield: 6 to 8 servings.

HAM CASSEROLE

- | | |
|------------------------|-----------------------------|
| 1 can mushroom soup | 1 T. onion (chopped) |
| 3/4 c. canned milk | 1 c. ham (diced) |
| 1 c. rice (cooked) | 1/4 c. cornflakes (crushed) |
| 3/4 c. cheese (grated) | 1/4 c. margarine |

Mix mushroom soup with milk; add rice, cheese, onions and ham. Melt margarine and mix with crushed cornflakes. Pour ham mixture into casserole and top with cornflakes. Bake at 375° for 25 minutes. Yield: 6 servings.

LAMB STEW

- | | |
|-------------------------------------|----------------------------|
| 2 lbs. lamb (cut into small pieces) | 1 c. water |
| 2 T. shortening | 3/4 tsp. curry powder |
| 1 (8 oz.) can tomato sauce | 1 1/2 tsp. salt |
| 1 medium onion (thinly sliced) | 1/4 tsp. pepper |
| | 1 (10 oz.) pkg. lima beans |

Brown lamb in shortening. Pour off drippings. Add remaining ingredients except lima beans. Cover tightly and simmer for 1 hour. Add lima beans; continue to simmer for 30 minutes or until lima beans are done and meat is tender.

ITALIAN SPAGHETTIVirginia Favaro
Terlton, OK

SAUCE:

2 cans tomato puree'	1 clove garlic (minced)
2 cans tomato paste	1 T. parsley
1 can mushrooms	Salt <u>and</u> pepper (to taste)
2 onions (diced)	1 tsp. Italian seasoning

MEATBALLS:

1 1/2 lbs. ground beef	Salt <u>and</u> pepper
2 onions (finely chopped)	1/4 c. olive oil
2 garlic cloves (minced)	1 pkg. spaghetti
1 egg	1 T. butter
1/2 c. cracker crumbs	Parmesan cheese

Combine all of sauce ingredients and set aside. Combine meatball ingredients and shape into balls. Brown in heavy skillet in olive oil, add sauce and simmer for 1 to 2 hours, adding water if needed to keep from becoming too thick. Cook spaghetti in salted water until tender. Drain, rinse, and stir in 1 tablespoon of butter to melt. Put spaghetti on large serving platter and pour meatballs and sauce over spaghetti. Sprinkle with Parmesan cheese. Yield: 6 to 8 servings.

CREOLE SPAGHETTI

1 lb. ground beef	1 green pepper (chopped)
1/3 lb. sausage	1 tsp. salt
1 medium onion (chopped)	1 tsp. chili powder
2 T. shortening	1 pkg. spaghetti
1 (No. 2) can tomatoes	1/4 lb. cheese (thinly sliced)

Brown beef, sausage and onion in shortening. Add tomatoes, pepper, chili powder and salt. Cook slowly for 45 minutes. If necessary, add small amount of water or tomato. Cook spaghetti in salted water until tender; drain. Place a layer of meat mixture in a casserole; add a layer of spaghetti and top with cheese slices. Repeat until all ingredients are used; end up with a cheese layer. Bake at 350° until browned. Yield: 6 servings.

EASY MEAT-POTATO HASH

6 medium size potatoes (peeled, 1 tsp. salt
 cubed) 1/8 tsp. pepper
 1 onion (chopped) Water and broth
 2 c. cubed, cooked meat

Put potatoes, onion and meat in saucepan. Add salt and pepper and water and broth to cover good. Then cook until potatoes are done. Let it simmer while you make a pan of corn bread.

LIVER CRISPS AND ONIONS

1 lb. liver (sliced) 1/8 tsp. curry powder
 1/4 c. flour 1/4 lb. bacon (broiled)
 1 tsp. salt 4 T. bacon drippings
 2 medium onions (sliced)

Cut liver slices into finger lengths about 1/2 inch thick. Roll strips in flour seasoned with salt and curry powder. Saute' onions in bacon drippings until lightly browned. Remove onions from pan and keep warm. Fry liver slices in same pan. Serve liver with onions and bacon. Yield: 4 servings.

SWEDISH LIVER LOAF

1 lb. beef liver 1 tsp. salt
 1/4 c. onion (minced) 1 tsp. sugar
 1/2 lb. pork sausage 1/4 tsp. nutmeg
 2 eggs 1/4 tsp. allspice
 2 c. light cream 2 c. flour
 1/2 tsp. pepper

Parboil liver for 5 minutes; put through food chopper. Add all ingredients, mixing thoroughly after each addition. Pack in well greased loaf pan and cover. Set in pan of water and bake at 350° for 2 hours. Remove cover after first hour. Cool. When cold, cut into cubes and dip in any favorite dressing or sauce. Yield: 12 servings.

EASY TUNA OR SALMON PATTIES

Helen Ventress

1 can (6 1/2 oz.) tuna 3/4 c. soda cracker crumbs
 1/3 c. catsup 1 egg

Combine all ingredients and mix together well, shape into patties and fry until golden brown. Serve with nippy salad and bread sticks for a wonderful evening meal after a busy day.

GROUND BEEF AND NOODLES

3/4 lb. ground beef	1 c. raw carrots (cut up)
Salt and pepper	1 c. dry medium noodles
1 pkg. onion soup mix	Parsley
3 c. water	

Brown beef, add salt and pepper. Mix onion soup and water; add to the browned beef. Add carrots and noodles; cover and cook at medium heat until bubbling. Lower heat and cook for about 20 minutes. Serve in a large bowl; garnish with parsley. Yield: 4 to 6 servings.

NOODLE CASSEROLE

1/2 lb. ground beef	1 can ripe olives (diced)
1/2 lb. sausage	3 T. catsup
1 onion (chopped)	2 c. milk
1 1/2 T. A-1 steak sauce	1 T. flour
1 1/2 T. Worcestershire sauce	1 pkg. noodles (cooked)

Brown meats and onions; drain. Add remaining ingredients and pour over noodles. Mix well and pour into casserole and bake at 350° for 30 minutes. Yield: 4 to 6 servings.

TUNA DISH

Roda Fabela

1 can tuna	1 can cream of chicken soup
3 T. onion	1 c. liquid from vegetables
3 1/2 T. flour	1 c. peas
1/2 tsp. salt	1 c. carrots
Dash pepper	1 c. potatoes
	1 can biscuits

Drain tuna and add enough Wesson oil or bacon fat to make 1/4 cup. Brown onion in fat. Remove from heat and blend in flour, salt and pepper. Add: chicken soup and 1 cup liquid from vegetables. Boil and stir 1 minute. Stir in drained vegetables. Add flaked tuna, pour in greased baking dish and top with biscuits. Bake at 450° until biscuits are done, 10 minutes.

We seldom repent having eaten too little.

TUNA LOAF

1 pkg. potato chips (crushed) 1 can mushroom soup
1 can tuna 1 can chicken noodle soup

Put half of potato chips in the bottom of an oblong baking dish. Spread tuna over chips. Spread mushroom soup over tuna; add chicken noodle soup. Spread remaining potato chips over all. Bake at 350° for a few minutes to get hot and brown potato chips. Serve while warm. Yield: 4 servings.

TUNA FISH WITH BAKED RICE

1 c. raw rice 1 c. thin white sauce
1 T. butter 1 egg (well beaten)
1/2 tsp. salt Paprika
1 c. flaked tuna

Cook rice in double boiler. Add butter and salt; mix lightly. Line oiled baking dish with rice. Pour tuna into rice lined mold. Cover with white sauce which has been combined with the egg. Bake in 375° oven for 30 minutes. Sprinkle with paprika. NOTE: minced cooked chicken or salmon may be substituted for tuna. Yield: 8 servings.

TUNA NOODLE CASSEROLE

2 T. butter 3 c. cooked noodles
1/4 c. onion (chopped) 1 c. cooked peas
2 T. flour 1/4 c. pimiento (chopped)
1 tsp. seasoned salt 2 (7 oz.) cans tuna (well
2 c. milk drained)
2/3 c. dried milk powder 1 c. Cheddar cheese (grated)

Saute' onion in butter; add flour and seasoned salt. Slowly stir milk and milk powder into onion mixture and cook until thickened. Add noodles, peas, pimientos, tuna and 1/2 cup cheese to cream sauce. Pour into casserole, sprinkle with remaining cheese and bake at 350° for 25 to 30 minutes. Garnish with pimiento strips. Yield: 6 to 8 servings.

When angry, count ten before you speak; if very angry, a hundred.

TUNA NOODLE CASSEROLE

Virginia Favaro

1 small pkg. of noodles (cooked) 1 T. butter
 1 can (7 oz.) tuna (well drained) 1 tsp. salt
 1 small onion (chopped) Dash pepper
 2 T. green pepper (chopped) 1 can cream of mushroom soup
 Parmesan cheese

Saute' onion and green pepper in butter until soft. Add mushroom soup, tuna, cooked noodles, salt and pepper. Mix well. Place in buttered casserole dish and top with Parmesan cheese. Bake in 350° oven 30 to 40 minutes or until lightly browned. Yield: 4 servings.

TASTY SANDWICH FILLING

1 can white tuna (flaked) Parsley (chopped)
 4 hard-cooked eggs (chopped) Salt
 4 whole carrots (shredded) 3/4 c. mayonnaise
 1 small onion (chopped fine) 1/4 green pepper (chopped fine)
 1/2 celery stalk (chopped fine)

Combine all ingredients; serve on bread. Yield: 15 to 20 servings.

SALMON LOAF

1 (1 lb.) can salmon (drained) 1/4 tsp. salt
 3 eggs 1/2 c. celery (finely chopped)
 14 crackers (broken) 1/8 tsp. pepper
 2/3 c. mixed salmon liquid 1 T. butter
and milk

Bone and flake salmon. Combine all ingredients except salmon in electric blender; blend at high speed for 10 seconds or until smooth. Pour over salmon and mix well. Pour into well greased 9x5x3 inch loaf pan. Bake at 350° for 35 to 40 minutes or until firm. Yield: 4 servings.

CHILI

3 lbs. hamburger 2 T. chili powder
 2 cans tomatoes 2 T. brown sugar
 2 garlic cloves Salt (to taste)
 1 can ranch style beans 2 T. comino (cumin)
 2 onions (minced)

Brown hamburger; add remaining ingredients and simmer 1 hour. Yield: 6 to 8 servings.

FISH FILLETS IN LEMON RICE

1/2 c. onion (chopped)	1 lb. frozen fish fillets
2 T. butter	(partially thawed)
2 c. rice (cooked)	Salt <u>and</u> pepper (to taste)
4 T. lemon juice	Paprika
1 egg (slightly beaten)	Melted butter

Saute' onion in 2 tablespoons butter until slightly tender. Stir into rice. Mix in lemon juice, egg and a dash of salt and pepper. Pour rice into buttered 10 x 6 x 1 1/2 inch baking dish. Top rice with fish fillets. Brush fillets with melted butter; sprinkle with salt, pepper and a dash of paprika. Bake at 375° about 35 minutes, brushing occasionally with melted butter. Yield: 6 servings.

DEEP FRIED FISH AND HUSH PUPPIES

Helen Carter Ventress

2 lbs. pan fish (perch,, sunfish, etc.) <u>or</u> 2 lbs. fish fillets (thawed, if frozen)	2 tsp. baking powder
Corn meal	1/4 tsp. salt
Oil (for deep frying)	1 c. milk
1/4 c. flour	1 egg
	1/2 c. finely chopped onions
	Parsley <u>and</u> lemon wedges

Coat fish with corn meal, reserving excess. Fry fish in hot oil (375°) 2 to 3 minutes or until golden. Drain on paper towels; keep warm. To make hush puppies, add enough corn meal to reserved corn meal to make 1 1/2 cups; stir with flour, baking powder and salt. Beat milk with egg, and add with onion to corn meal mixture; stir until combined. Drop by heaping tablespoons into hot oil used for fish and fry 2 to 3 minutes or until golden brown and puffed, turning once. Drain on paper towels and serve with fish. Garnish with parsley and lemon. Makes 6 servings.

QUICK CHILI CON CARNE

1 lb. ground beef	1 tsp. chili powder
2 medium onions (chopped)	1/4 tsp. pepper
2 T. fat	2 c. tomato juice
1 tsp. salt	2 c. beans

Brown ground beef and onions in hot fat; add seasonings. Add tomato juice and beans. Add a small amount of water. Cook over low heat for 20 to 30 minutes. Yield: 8 servings.

MEXICAN CHILI SAUCE

1 medium can tomatoes	1/4 tsp. ground cloves
1 medium onion (chopped)	1/2 c. vinegar
2 garlic pods (minced)	1/2 c. sugar
3 pods very hot peppers (minced)	Salt (to taste)
1/2 tsp. black pepper	1 tsp. flour

Combine all ingredients except flour. Boil for 25 minutes. Remove 1/2 cup liquid; cool. Blend in flour. Return to mixture. Stir and cook for 5 minutes. Yield: 1 pint.

QUICK AND EASY CHILI

Helen Carter Ventress

1 lb. ground beef	1 can (6 oz.) tomato paste
1 medium onion (chopped, 1/2 c.)	1 T. chili powder
1 medium green pepper (chopped, 1 c., optional)	1 tsp. salt
1 can (16 oz.) kidney beans (undrained)	1/8 tsp. garlic powder
	Hot cooked rice

In Dutch oven or large heavy saucepan, brown beef, onion and green pepper; drain fat. Stir in beans, tomato paste, chili powder, salt and garlic powder. Simmer uncovered 30 minutes, stirring occasionally. Serve over rice. Makes 4 servings.

ROLLED ENCHILADAS

1 lb. ground beef	1/2 of 4 oz. can green chilies (diced)
Salt	1/4 lb. longhorn <u>or</u> sharp cheese (grated)
Chili seasoning	2 (10 oz.) cans enchilada sauce
1 doz. corn tortillas	

Combine meat with salt and chili seasoning; brown. Dip tortillas in hot fat to soften. Place a large tablespoon of meat and cheese and a teaspoon of green chili in each tortilla; roll. Place in a casserole. After all tortillas are rolled, cover with hot enchilada sauce. Top with grated cheese and bake for 20 minutes at 350°. Yield: 6 servings.

TAMALE PIE

- | | |
|--------------------------------|---|
| 1 large onion (chopped) | 1 small can pitted black olives (chopped) |
| 3 T. oil | 1 1/2 T. chili powder |
| 1 lb. ground beef | 1 c. corn meal |
| 1 tsp. salt | 1 c. cheese (grated) |
| 1 (No. 2 1/2) can tomato puree | 1 can cream style corn |

Saute' onion and beef in oil; add salt, tomato puree, cream style corn, olives, chili powder and corn meal. Pour into buttered 8x13 inch baking dish. Sprinkle with cheese and bake at 375° for 1 hour. Yield: 8 servings.

NEW MEXICO TAMALE PIE

- | | |
|----------------------------|----------------------|
| 1 c. canned corn | 1/3 c. cold water |
| 1 c. canned tomatoes | 2/3 c. corn meal |
| 1/4 c. shortening (melted) | 1 tsp. chili powder |
| 1 tsp. salt | 1 tsp. cumin |
| 3/4 lb. ground beef | 1/4 tsp. garlic salt |
| 1 onion (chopped) | Grated cheese |
| 1 egg | |

Combine corn, tomatoes, shortening, salt, ground beef and onion; cook for 5 minutes. Mix egg and cold water. Add to corn mixture. Stir in remaining ingredients except cheese. Pour into buttered casserole and bake at 350° for 45 minutes. Top with grated cheese and serve. Yield: 6 to 8 servings.

TACO CASSEROLE

- | | |
|-------------------------------------|-------------------------------|
| 1 small pkg. corn chips | 2 c. longhorn cheese (grated) |
| 1 chicken (cooked <u>and</u> diced) | 3/4 c. green onion (chopped) |

SAUCE:

- | | |
|------------------------------|-----------|
| 1 can enchilada sauce | 1 c. milk |
| 1 can cream of mushroom soup | |

Line casserole with corn chips. Add chicken, cheese and onion. Combine enchilada sauce, soup and milk; pour over casserole. Top with corn chips and bake at 300° for 40 minutes. Yield: 6 to 8 servings.

BEEF TACOS

1 lb. ground beef	Oil
Small to medium green pepper (chopped)	2 doz. corn tortillas
1 large onion (coarsely chopped)	1/4 lb. longhorn cheese (coarsely grated)
2 to 3 cans taco sauce	Shredded lettuce
Salt <u>and</u> pepper (to taste)	Chopped fresh tomatoes

In a large skillet, brown meat, crumbling with a fork into small pieces until all redness disappears. Add green pepper, onion, taco sauce and salt and pepper. Mix well. Simmer, stirring occasionally until cooked down to very thick mixture.

Generously cover bottom of smaller skillet with oil. When spitting hot, heat tortillas quickly one at a time. Place very loosely folded on paper towels to drain. Fill tortillas with 2 or 3 teaspoons of meat mixture; top with a spoonful each of cheese chopped tomatoes and shredded lettuce. Serve with chili sauce, if desired. Yield: 24 servings.

PIZZA CRUST

Helen Carter Ventress

1 envelope active dry yeast	2 tsp. sugar
1 c. warm water (105° to 115°)	1 1/2 tsp. salt
3 1/2 to 3/4 c. flour	1 egg (slightly beaten)
	Oil

Sprinkle yeast over water and stir until dissolved. Stir in 1 1/2 cups flour, the sugar and salt. Add egg and 1 tablespoon oil until smooth and glossy. Stir in 2 cups flour. On lightly floured surface, knead dough until smooth and elastic, about 10 minutes (dough should be soft).

Place in greased bowl and turn to grease top. Cover with towel and let rise in warm draft-free place until more than double, about 1 hour. Punch down; chill. Divide dough in half and pat into 2 greased 12 to 14 inch pizza pans or roll out to 12 inch circles on greased cookie sheets. Crimp edges to form rims. Brush with oil. Makes 2 crusts.

Courage consists not in blindly overlooking danger, but in seeing it, and conquering it.

CHICKEN AND CHIP BAKE

2 c. cooked chicken (cubed)	2 tsp. lemon juice
2 c. celery (sliced)	1 c. mayonnaise
1/2 c. slivered almonds (toasted)	1/2 c. American cheese (shredded)
1/2 tsp. salt	1 c. potato chips (crushed)
	2 tsp. onion (grated)

Combine all ingredients except cheese and potato chips. Pile lightly into a buttered 8x12 inch baking dish. Sprinkle with cheese and potato chips. Bake at 425° for 15 minutes. Yield: 6 servings.

SUKIYAKI

Virginia Favaro

4 chicken breast halves (boned and cut in thin strips)	2 T. soy sauce
2 T. vegetable oil	2 T. sugar
1 onion (thinly sliced)	1 can (5 oz.) bamboo shoots
1 c. sliced celery and leaves	1/2 lb. fresh spinach (chopped)
1/4 c. chicken broth or water	1/2 lb. sliced mushrooms or
	1 (4 oz.) can of mushrooms

NOTE: for quick handling or preparing at table, arrange chicken and vegetables on large platter.

Brown chicken in hot vegetable oil in large skillet or wok. Add onion, celery and broth or water, soy sauce and sugar. Cover and cook over low heat about 5 minutes. Add remaining ingredients. Cover and cook slowly 5 minutes more. Stir once. Serve on rice.

PAPRIKA CHICKEN

1 large fryer (cut into serving pieces)	1/2 c. margarine
1/2 c. chopped celery	Salt
1 large onion (chopped)	Water
4 <u>or</u> 5 pieces of garlic (minced)	Paprika

Saute' celery, onion and garlic in margarine until clear. Take chicken pieces and dry them off well. Dip into melted margarine-vegetable mixture. Place in roaster and cover well with paprika. Then add sauteed mixture over chicken and cover this with paprika. Add 2 cups of water. Salt chicken and bake at 325° for approximately 1 1/2 to 2 hours.

CHICKEN CASSEROLE

- | | |
|------------------------------|---------------------------------|
| 2 c. instant rice | 1 fryer (cut in serving pieces) |
| 1 can cream of mushroom soup | 3/4 c. cooking sherry |
| 1 can cream of celery soup | 1 pkg. onion soup mix |
| 2/3 c. milk | |

Combine rice, soups and milk; pour into casserole. Lay chicken over rice mixture. Pour sherry and onion soup mix over chicken. Cover and bake at 325° for 2 hours. Yield: 6 servings.

CHICKEN CASSEROLE

Delores Adams

- | | |
|---|--------------------------|
| 1 hen (cooked <u>and</u> chopped) <u>or</u> | 1 small can pimiento |
| canned boned chicken | 1 c. cooked rice |
| 2 c. broth | 2 c. soft bread crumbs |
| 1 c. milk | 4 eggs |
| 1 onion (chopped and 1/2 c.) | 1 tsp. sage |
| Celery (cook in butter) | 1 tsp. poultry seasoning |
| | Salt, pepper |

Mix and bake in 13x9 inch pan, at 350° for 1 hour.

CHICKEN CASSEROLE

- | | |
|-----------------------------------|-----------------------------|
| 1 can cream of chicken soup | 1 c. milk |
| 1 can cream of mushroom soup | 1 c. rice (uncooked) |
| 1 can cream of celery soup | 2 (3 lb.) chickens (cut up) |
| Salt <u>and</u> pepper (to taste) | |

Mix together soups, milk and rice. Spread in the bottom of a flat 13 inch baking dish. Place chicken pieces (saving boney pieces for soup, if desired) on top of rice soup mixture in dish. Bake uncovered for 3 hours at 300°. Yield: 8 servings.

BUFFET CHICKEN LOAF

- | | |
|----------------------------|--------------------------------|
| 2 c. dry bread crumbs | 1 tsp. onion (grated) |
| 3 c. ground cooked chicken | 1/2 c. celery (minced) |
| 2 eggs (beaten) | 1 T. pimiento (minced) |
| 1/2 c. chicken stock | 1/2 c. sliced cooked mushrooms |
| 1 c. milk | 1 T. Worcestershire sauce |
| 1 tsp. salt | 1 T. green pepper (minced) |
| 1 T. lemon juice | |

Combine all ingredients in order given; mix well and pack in greased 9x4 inch loaf pan. Bake at 350° for 40 minutes; cool loaf for 10 minutes and unmold on serving platter. Yield: 10 servings.

BAKED CHICKEN AND RICE

Cam Favaro

- | | |
|-----------------------------------|-----------------------------|
| 1 (3 lb.) chicken (whole) | 1 tsp. onion salt |
| 1 can cream of mushroom soup | 1 tsp. Worcestershire sauce |
| 1 can tomato soup | 1/2 tsp. salt |
| 1 small box Minute Rice | Pepper (to taste) |
| Dash garlic powder <u>or</u> salt | |

Place chicken in flat 13 inch baking dish. Mix soups and 2 soup cans of water and seasonings and pour over and around chicken. Place giblet parts around chicken if desired. Bake in 325° oven for 1 1/2 hours, basting occasionally. Last 10 minutes of baking, add Minute Rice to soup mixture around chicken, adding more water if needed. Continue baking until rice is done. Yield: 2 to 4 servings.

OVEN-FRIED CHICKEN

- | | |
|-----------------------------------|---------------------------|
| 1 fryer (cut into serving pieces) | 2 c. crushed potato chips |
| 3/4 c. margarine (melted) | 1 tsp. salt |
| | 1 tsp. paprika |

Roll chicken in butter and then in potato chip crumbs. Place in shallow pan with salt and paprika. Bake 1 hour and 20 minutes at 325°. Yield: 5 servings.

TASTY FRYER

- | | |
|---------------------------------|-----------------------|
| 1 fryer (cut in serving pieces) | 1/4 c. cooking oil |
| 1/2 tsp. salt | 1 c. cornflake crumbs |
| 1/2 tsp. pepper | 1 c. milk |
| 1/2 tsp. garlic powder | |

Season chicken with salt, pepper and garlic powder. Dip in cooking oil. Roll in cornflake crumbs. Place chicken pieces in a shallow baking dish in a single layer. Pour milk over chicken. Bake at 375° for 1 hour. Yield: 8 to 10 servings.

CALLE DEL RANCHO LUNCHEON DISH

- | | |
|---|-----------------------|
| 2 pkgs. corn chips | 1 can tomato soup |
| 1 (3 lb.) chicken (cooked <u>and</u> diced) | 1 can enchilada sauce |
| 1 can mushroom soup | 2 c. cheese (grated) |

Pour corn chips into large casserole. Cover with chicken, soups and sauce. Top with grated cheese and bake for 1 hr. at 375°. NOTE: for a milder casserole, use only 1/2 of the can of enchilada sauce. Yield: 12 servings.

SUNDAY CHICKEN

1 small box instant rice 1 c. milk
 1 can mushroom soup 1 fryer (cut into serving pieces)
 1 can cream of celery soup 1 pkg. dry onion soup mix

Sprinkle instant rice on bottom of greased 9x13 inch baking dish. Heat mushroom, celery soup and milk until well blended. Pour over rice. Place pieces of chicken over soup mixture; sprinkle with onion soup mix. Do NOT add salt. Cover tightly with foil. Bake 2 hours and 30 minutes at 325°. Yield: 8 servings.

BARBECUED CHICKEN

1 fryer (cut up) 1/4 tsp. pepper
 1 c. flour Dash of salt
 1 stick of margarine

TANGY SAUCE:

1/2 c. onion (finely chopped) 1/2 tsp. chili powder
 1 tsp. salt 1/4 tsp. pepper
 1 T. vinegar 1/2 c. catsup
 1 T. sugar 1/4 c. water
 1 T. Worcestershire sauce

Combine dry ingredients in paper bag. Add chicken and shake until well coated with flour mixture. Melt butter in shallow baking pan. Turn chicken pieces in butter until coated. Place chicken in pan, skin side down, and bake at 400° for 30 minutes. Combine sauce ingredients and simmer for 15 minutes. Turn chicken; coat with barbecue sauce. Bake 30 minutes longer or until tender. Yield: 4 to 6 servings.

CHICKEN AND HOMEMADE NOODLES

1 (3 to 4 lb.) stewing hen 1 T. onion (chopped)
 (cut up) 1 T. celery (chopped)
 1/2 tsp. garlic salt Salt and pepper (to taste)

NOODLES:

2 eggs (slightly beaten) 1 tsp. salt
 2 c. flour

Cover hen with water, add garlic salt, onion, celery, salt and pepper and cook for 2 hrs. or until tender. To make noodles, work flour and salt gradually into eggs until dough is stiff. Place dough on floured board and work in additional flour if needed to make very stiff.

Continued Next Page.

CHICKEN AND HOMEMADE NOODLES (Continued).

Roll out as thin as possible. Cut with noodle cutter, or cut dough in squares, stack squares and cut in thin strips. Drop noodles in boiling chicken broth and cook until tender, 30 minutes to 1 hour. Yield: 6 to 8 servings.

LOW CALORIE ENCHILADAS (160 calories per serving) Virginia Favaro
Terlton, OK

EGG "TORTILLAS":

2 eggs	2 T. water
1/4 c. corn meal	1/4 tsp. salt

FILLING:

2 c. cooked cubed chicken	3 c. plain tomato sauce (see note)
2 eggs (lightly beaten)	1/2 c. (2 oz.) American cheese (shredded)

NOTE: season tomato sauce with any or all of the following:

3 T. onion flakes	1/4 tsp. ground cumin
2 T. dried sweet pepper flakes	1/2 tsp. cayenne <u>or</u> generous
1/4 tsp. garlic powder	splash of liquid red pepper
1/2 tsp. oregano	seasoning

Fork blend "tortillas" ingredients until smooth. Wipe surface of a small non-stick skillet or crepe pan with vegetable oil. Heat pan over medium heat until a drop of water bounces on the surface. Pour two tablespoons batter into hot pan; rotate quickly to spread thinly. Cook briefly on one side only. When surface is bubbled and nearly dry, turn out of skillet onto a clean towel. Wipe pan with oil; continue cooking "tortillas" until batter is used. Should have eight tortillas.

Combine cooked cubed chicken, lightly beaten eggs, and 1/2 cup of the seasoned tomato sauce. Spoon filling into centers of "tortillas"; roll up to enclose filling. Place in a single layer in a shallow 6 cup baking dish. Spoon any extra filling around rolls and pour remaining sauce over rolls. Bake in 350° oven 25 minutes. Sprinkle with cheese and bake 5 minutes more. Serve at once. Makes four servings of two enchiladas each.

SLOPPY JOES (160 servings)

Winnie Osborn

25 lbs. hamburger meat	3 pts. barbecue sauce (3 cans)
17 pkgs. Williams Sloppy Joe seasoning	1 pt. chili sauce (1 can)
	2 large onions
4 qts. tomatoes (8 cans)	Salt

Brown meat and onion; add other ingredients. Cook 20 minutes on top of stove, stirring constantly.

RANCH BURGER (serves approximately 75)

Lena Swalley

10 lbs. ground meat	5 large onions (chopped fine)
3 large bottles barbecue sauce	2 T. prepared mustard
2 large bottles hot catsup	Salt <u>and</u> chili powder (to taste)

Slightly brown meat and onions, add other ingredients. Cook one hour in oven at 250° or cook 20 minutes on top of stove, stirring constantly.

RABBIT STEW

2 T. cooking oil	1/4 tsp. oregano
1 (2 to 3 lb.) rabbit (cut into serving portions)	Dash black pepper
	1/2 tsp. rosemary
1 large onion	1 (No. 2 1/2) can tomatoes
1 tsp. parsley	2 large green peppers
1/2 tsp. sweet basil	1 can string beans
Garlic salt (to taste)	1 can peas

Saute' rabbit and onion in oil. Add seasonings and tomatoes and cook until tender. Add vegetables and cook for 10 minutes. Yield: 4 to 6 servings.

DOVES

24 doves	Pinch of paprika
Flour	1 can mushroom soup
1 tsp. garlic salt	1 can onion soup
1 tsp. ground pepper	1/4 c. dry sherry
Pinch of oregano	

Shake birds in paper bag with flour and seasonings. Brown in frying pan with vegetable oil until golden brown; remove and drain on paper towels. Pour off fat. Place birds in skillet with soups and sherry and simmer not less than 2 hours. Yield: 12 servings.

BAKED QUAIL WITH DRESSING

8 quail	1 can cream of mushroom soup
1 onion (diced)	2 eggs (beaten)
4 T. butter	Salt <u>and</u> pepper
4 c. toasted bread cubes	8 strips bacon

Saute' onion in butter; add bread cubes, soup, eggs, salt and pepper. Stuff quail with dressing and wrap each bird with a strip of bacon. Bake with a small amount of water at 350° for 1 hour and 30 minutes. Yield: 8 servings.

BARBECUED VENISON

2 1/2 to 3 lbs. venison steak	1 1/2 tsp. salt
1 c. flour	1/2 tsp. garlic salt
	1/4 tsp. pepper

BARBECUE SAUCE:

1/2 c. catsup	3 T. brown sugar
3 T. vinegar	1 tsp. Worcestershire sauce
1/4 c. onion (finely chopped)	1/2 c. water

Cut steak in serving portions. Dredge venison in flour seasoned with salt, garlic salt and pepper. Brown quickly in small amount of fat in hot skillet; place in casserole. Pour sauce over venison and cover. Bake at 300° for 2 hours and 30 minutes. Water may be added if needed. Yield: 8 to 10 servings. For barbecue sauce, combine all ingredients and boil for 5 minutes.

VENISON CHILI

3 c. dried pinto beans	1 small onion (chopped)
1 T. salt	1 tsp. salt
1 tsp. pepper	1/2 tsp. pepper
1/2 lb. ground venison	2 tsp. chili powder
1/2 lb. ground beef	1 (6 oz.) can tomato paste
1 T. cooking oil	1 (6 oz.) can water

Clean and soak beans overnight in 7 cups of water. Add 1 T. salt and 1 tsp. pepper and cook in large covered pan until done. Saute' onion in oil; add meat, cook until meat is browned. Add tomato paste which has been mixed with water, chili powder and salt and pepper. Pour over hot cooked beans. Yield: 6 servings.

VENISON STROGANOFF2 venison steaks or 4 chops

Flour

3 T. margarine

1/2 small onion (chopped)

Mushrooms

1 small carton sour cream

Salt and pepper (to taste)

Bone and strip fat from venison steaks or chops. Pound flour into meat; cut across grain into 1/2 inch wide strips that are several inches long. Saute' meat in margarine until evenly browned. Remove from pan; saute' onions and mushrooms, adding more margarine if necessary. Return venison to pan; add sour cream, salt and pepper. Heat thoroughly, but do NOT cook. Serve with rice or noodles.

BARBECUED CHICKEN

Helen Carter Ventress

1 medium size onion (chopped,
1/2 cup)

1 T. oil

1/2 c. each catsup and water

2 T. packed brown sugar

2 T. vinegar

1 1/2 tsp. Worcestershire

1/2 tsp. each salt, celery salt
and chili powder1 broiler-fryer (about 3 lbs.,
cut up)

In large skillet, saute' onion in oil until tender. Add catsup, water, sugar, vinegar, Worcestershire, salt, celery salt, and chili powder; bring to boil. Add chicken. Cover and simmer 30 minutes. Uncover; simmer 15 minutes longer or until chicken is tender, turning pieces occasionally. Makes 4 servings. Good with mashed or baked potatoes.

IN MICROWAVE OVEN: cook onion in oil in uncovered large casserole 5 minutes. Add remaining ingredients, omitting water. Cover and cook 30 minutes or until chicken is tender, turning dish occasionally.

CREAM OF CELERY SOUP

Helen Carter Ventress

2 large ribs chopped celery
(1/4 cup)1 small onion (chopped fine,
1/4 cup)

1 chicken bouillon cube

2 c. water

1 1/2 c. milk

1/2 tsp. salt or to taste

1/8 tsp. pepper

In covered saucepan, simmer celery, onion, bouillon and water until vegetables are tender. Add milk, salt and pepper; simmer uncovered till hot. Makes 1 qt. or 4 servings.

IN MICROWAVE OVEN: in covered 3 qt. round casserole, cook celery, onion, bouillon and water about 15 min. or till vegetables are tender. Stir in milk, salt and pepper. Cook uncovered 2 min. or until hot.

CREAMED CHICKEN

Helen Carter Ventress

- | | |
|---|---|
| 2 T. margarine | 2 oz. mushrooms (sliced, 1/2 c.; optional) |
| 3 T. flour | 1/2 tsp. salt <u>or</u> to taste |
| 1 chicken bouillon cube
(dissolved in 1 c.
boiling water) | 1/8 tsp. pepper <u>or</u> to taste |
| 1/3 c. milk | Hot cooked noodles, rice <u>or</u>
toast |
| 2 c. diced cooked chicken | |

Melt margarine in 1 1/2 quart saucepan over low heat. Blend in flour until smooth. Gradually stir in bouillon; cook and stir until thickened and smooth. Stir in milk, chicken, mushrooms, salt and pepper. Cover and simmer 15 minutes, stirring occasionally. Serve over noodles. Makes 4 servings.

IN MICROWAVE OVEN: melt margarine in 2 quart casserole 20 seconds. Blend in flour until smooth. Gradually stir in bouillon and cook 3 minutes, stirring once. Stir in remaining ingredients except noodles; cover and cook 4 minutes.

STUFFED MEAT ROLL

Helen Carter Ventress

- | | |
|---|---|
| 1 lb. ground beef | 1 tsp. oregano |
| 1 c. fine dry bread crumbs | 1/4 tsp. salt |
| 1 medium onion (chopped
fine, 1/2 cup) | 1/8 tsp. <u>each</u> pepper <u>and</u> garlic
powder |
| 1 egg | |

With rolling pin or hand rinsed in water, flatten beef to 12x8 inch rectangle. Mix well remaining ingredients. Spread lengthwise down center of beef. Roll up jelly roll fashion; place seam side down in greased shallow baking pan. Bake in preheated 350° oven about 30 minutes or until done. Let stand 10 minutes before slicing. Makes 4 servings.

IN MICROWAVE OVEN: place meat roll in 12x8 inch baking dish. Cover with waxed paper. Cook 8 to 10 minutes or until almost done. Let stand 5 minutes to complete cooking.

He who receives a good turn should never forget it; he who does one should never remember it.

CURRIED CHICKEN

Helen Carter Ventress

1 broiler-fryer (about 3 lbs., cut up)	1/4 tsp. pepper
1/4 c. flour	3 T. oil
1 1/2 tsp. to 1 1/2 T. curry powder	3 medium size onions (chopped)
1 tsp. salt	1/2 c. chicken broth
	Hot cooked rice (optional)
	Chutney (optional)

Coat chicken with mixture of flour, curry powder, salt and pepper, salt and pepper. Brown on all sides in hot oil in large skillet; push to one side. Add onions; saute' until tender. Add broth; cover and simmer 1 hour or until chicken is tender. Serve with rice and chutney. Makes 4 servings.

IN MICROWAVE OVEN: cook onions in oil in uncovered large casserole 5 minutes. Add coated chicken and other ingredients. Cover. Cook 20 minutes or until chicken is tender, turning dish occasionally.

CHICKEN BURGUNDY

Helen Carter Ventress

1 broiler-fryer (about 3 lbs., cut up)	2 ribs celery (sliced 1/2 inch thick)
1/4 c. flour	1/2 lb. mushrooms (sliced thin)
1 tsp. salt	1 medium clove garlic (crushed)
1/4 tsp. pepper	3/4 c. chicken broth <u>or</u> bouillon
2 T. oil	3/4 c. Burgundy wine
6 small white onions	1/2 tsp. thyme
3 carrots (sliced 1/2 inch thick)	1 bay leaf

Coat chicken with mixture of flour, salt and pepper. Brown on all sides in hot oil in large skillet or Dutch oven. Drain off excess fat. Add remaining ingredients, cover and simmer 50 to 60 minutes or until chicken is tender. Discard bay leaf. Makes 4 servings. Good with boiled potatoes.

IN MICROWAVE OVEN: cook vegetables in oil in uncovered large casserole 5 minutes. Omit broth. Add coated chicken, wine, thyme and bay leaf. Cover and cook 30 minutes or until chicken and vegetables are tender, stirring occasionally.

Nothing is troublesome that we do willingly.

CHICKEN STEW

Helen Carter Ventress

- | | |
|--|---|
| 1 broiler-fryer (about 3 lbs., cut up) | 4 medium size sweet potatoes (peeled <u>and</u> sliced 1/2 inch thick - see NOTE) |
| 2 T. oil | 1 tsp. salt |
| 1 large onion (chopped, 1 c.) | 1/2 tsp. marjoram <u>or</u> thyme |
| 1 can (10 1/2 oz.) chicken gravy | 1/4 tsp. pepper |
| | 1 pkg. (10 oz.) frozen green beans |

In large skillet or flameproof casserole, brown chicken in hot oil; push to one side. Add onion; saute' until tender. Stir in gravy, potatoes, salt, marjoram and pepper. Cover and simmer 30 minutes or until chicken and potatoes are almost tender. Add beans. Cover and simmer 10 minutes or until chicken and vegetables are tender. Makes 4 servings.

NOTE: if desired, use 1 can (18 oz.) sweet potatoes, drained, instead of fresh. Add them with green beans.

IN MICROWAVE OVEN: cook onion in oil in uncovered large casserole 5 minutes or until tender. Add remaining ingredients except beans. Cover and cook 30 minutes or until chicken and potatoes are tender, stirring occasionally. Add beans; cover and cook 5 minutes or until beans are tender.

KOREAN STYLE STEWED CHICKEN

Helen Carter Ventress

- | | |
|--|--|
| 3 T. soy sauce | 1 broiler-fryer (about 3 lbs., cut up) |
| 1/2 tsp. chili powder <u>or</u> to taste | 3 green onions (cut in chunks) |
| 1 large clove garlic (minced) | 1/2 c. chicken broth |
| | Hot cooked rice (optional) |

In Dutch oven, mix well soy sauce, chili powder and garlic. Add chicken and onions; stir to coat. Marinate 1 hour, stirring occasionally. Add broth, bring to boil, cover, then simmer 1 hour or until chicken is tender. Serve over rice. Makes 4 servings.

FOR MICROWAVE OVEN: marinate and assemble as above in casserole. Cover and cook 30 minutes or until chicken is tender, turning chicken occasionally.

PRESSURE COOKER: marinate and assemble as above. Cover and cook, following manufacturer's directions at 15 pounds pressure 20 minutes. Cool cooker at once.

CHICKEN CREOLE

Helen Carter Ventress

1 broiler-fryer (about 3 lbs., cut up)	1/2 large green pepper (chopped, 1/2 cup)
1/4 c. flour	1 large clove garlic (crushed)
1 T. chili powder	1 can (16 oz.) tomatoes (cut up)
2 tsp. salt	1 c. chicken broth <u>or</u> bouillon
1/2 tsp. pepper	3/4 c. uncooked rice
2 T. oil	1 pkg. (10 oz.) frozen whole okra
1 large onion (chopped, (1 cup)	thawed slightly to separate, optional)

Coat chicken with mixture of flour, chili powder, salt and pepper. Brown on all sides in hot oil in Dutch oven; push to one side. Add onion, green pepper, and garlic; saute' until tender. Add tomatoes and broth; bring to a boil. Stir in rice. Cover and simmer 40 minutes, stirring occasionally, or until chicken and rice are tender and most of the liquid is absorbed. Add okra; cover and cook 10 minutes or until okra is barely tender. Makes 4 servings.

IN MICROWAVE OVEN: cook onions, green pepper and garlic in oil in uncovered large casserole 5 minutes. Add tomatoes, broth, rice and coated chicken; cover and cook 30 minutes, stirring occasionally, until chicken and rice are tender. Add okra; cover and cook 5 minutes or until tender.

PRESSURE COOKER: brown coated chicken in oil in uncovered pressure cooker. Push to one side. Add onion, green pepper and garlic, saute' until tender. Add tomatoes and broth; bring to a boil. Stir in rice and okra. Cover and cook, following manufacturer's directions at 15 pounds pressure 10 minutes. Cool cooker at once.

ANNE'S CHICKEN TARRAGON IN THE POT

Helen Carter Ventress

1 broiler-fryer (3 to 3 1/2 lbs. see NOTE)	1/4 tsp. <u>each</u> pepper <u>and</u> paprika
1 tsp. tarragon, poultry	3 medium potatoes (sliced)
seasoning, thyme <u>or</u> marjoram	3 medium carrots (sliced)
1 tsp. salt	1 small onion (chopped, 1/4 c.)
	1 large green pepper (cut in large chunks, optional)

Continued Next Page.

ANNE'S CHICKEN TARRAGON IN THE POT (Continued).

Sprinkle chicken inside and out with tarragon, salt, pepper, and paprika. Place in large heavy casserole or Dutch oven; cover and bake in preheated 400° oven for 30 minutes. Add potatoes, carrots and onion around chicken; season with salt and pepper; stir to combine with pan juices. Cover and bake 20 minutes. (If not using green pepper, bake 30 minutes). Add green pepper; cover and bake 10 minutes. Remove cover and bake 10 to 15 minutes longer or until chicken is tender. Remove chicken to warm platter. Carve or cut in serving pieces with kitchen shears. Serve with vegetables. Makes 3 or 4 servings.

NOTE: for easier serving, cut up chicken may be used. To add vegetables, move chicken to one side, season and stir vegetables with pan juices, then place chicken on vegetables.

IN MICROWAVE OVEN: assemble all ingredients in large casserole. Cover and cook 30 minutes or until chicken and vegetables are tender.

TACOS

Helen Carter Ventress

1 lb. ground beef	1/4 tsp. hot pepper sauce
1 c. chopped onion	12 taco shells (warmed) <u>or</u> 12
1/2 c. chopped green pepper	prepared tortillas (see below)
1 clove garlic (crushed)	Chopped tomatoes
1 can (8 oz.) tomato sauce	Chopped lettuce
1 T. chili powder	Shredded Cheddar <u>or</u> Jack cheese
1 tsp. salt	Bottled taco sauce (optional)
1/4 tsp. pepper	

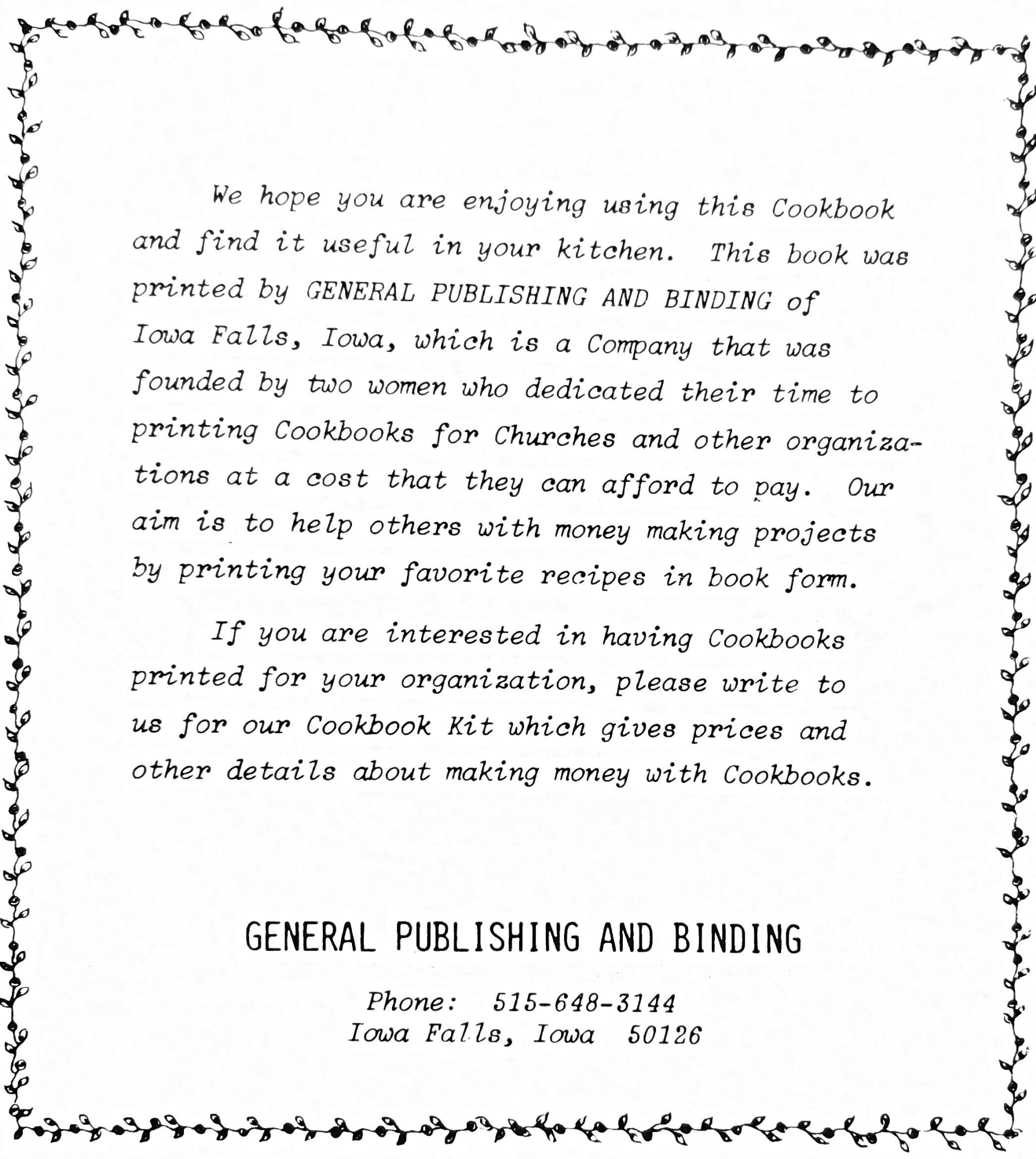
Saute' beef, onion, green pepper and garlic until beef is browned and onion is tender. Spoon off excess fat. Stir in tomato sauce, chili powder, salt, pepper and pepper sauce. Cook uncovered until thickened, stirring occasionally. Spoon meat mixture into taco shells and top with some tomato, lettuce and cheese. Sprinkle with taco sauce.

To make taco shells: thaw tortillas, if frozen. In skillet, heat about 1/2 inch oil over medium high heat. Fold tortilla in half loosely, forming a U. Hold top with tongs, dip fold in hot oil and fry a few seconds until fold holds its shape. Turn and, holding one side with tongs, fry each side until crisp and lightly browned. Drain on paper towels. Repeat with remaining tortillas.

* * * * *

ADDITIONAL RECIPES

lightly browned. Drain on paper towels. Repeat with remaining
one, holding one side against the other, fry each side until crisp and
hot. Fry and fry a few seconds until fold holds its shape. Turn
in half, holding one side against the other, fry each side until fold in
hot and fry a few seconds until fold holds its shape. Turn
To make extra crisp, fry twice, turning after each fry. To make
cheese, sprinkle with cheese sauce. To make extra crisp, fry twice,
disturb the cheese and top with some tomato, lettuce and
browned and onion is tender. Spoon off excess fat. Fry in
3 cups oil, onion, green pepper and garlic until hot. Fry in
1/4 cup. Fry in 1/4 cup. Fry in 1/4 cup. Fry in 1/4 cup. Fry in 1/4 cup.

A decorative border made of small, stylized floral and leaf motifs arranged in a rectangular frame around the text.

We hope you are enjoying using this Cookbook and find it useful in your kitchen. This book was printed by GENERAL PUBLISHING AND BINDING of Iowa Falls, Iowa, which is a Company that was founded by two women who dedicated their time to printing Cookbooks for Churches and other organizations at a cost that they can afford to pay. Our aim is to help others with money making projects by printing your favorite recipes in book form.

If you are interested in having Cookbooks printed for your organization, please write to us for our Cookbook Kit which gives prices and other details about making money with Cookbooks.

GENERAL PUBLISHING AND BINDING

Phone: 515-648-3144
Iowa Falls, Iowa 50126

If you are interested in more information, tear out this page and mail it to us with your name and address.

If you are interested in saving Cookbooks
 printed for your organization, please write to
 us for our Cookbook Kit which gives prices and
 other details about making money with Cookbooks.
 by printing your favorite recipes in book form.
 one to help others with money making projects
 share of a profit that they can afford to pay. Our
 Printing Cookbooks for Churches and other churches
 founded by two women who dedicated their time to
 sales, Iowa, which is a company that was
 founded by GENERAL PUBLISHING AND BINDING OF
 and that is why in your kitchen. This book was
 in your day and enjoying it as it is today.

GENERAL PUBLISHING AND BINDING

Phone: 515-258-2144
 Iowa Falls, Iowa 50126

If you are interested in more information, tear out
 this page and mail it to us with your name and address.

